RECOVERY KERNEL

Dancefloor Intelligence Series.

SIMBA

Bhuku rekuongorora mitemo uye madance aripo.

Sibvisa foni. Taura, unozviziva kuti uri papi.

Hapana kudzidzisa kwemadance ekufamba zvakanyatsomirirwa.

Hapana kusimbiswa kwezvimiro. Hapana zvinhu zvinoshamisa. Hapana kuvhenekwa kwezvakanga zvaitwa kare.

Chinzvimbo. Mharidzo yeBPM. Mabhanjano akatora kubva kumadance eTango neCha-cha. Uye mutsara mumwe chete unogadzirisa zvinhu zvese.

Ndiripo kuti ndibatsire.

THE CENTURION — Zvinhu zvine hutano hadzikuite kuti uve chidochida muchidzidzo. Zvinokubata kuti usatarise kuti hausi kuita zvakanaka.

Zvinhu zvitatu zvinoita kuti vanhu vasina kushandisa chinhu zvive netariro yekufara pamusoro pekudonha. Chimwe ndechifoni. Chechipiri ndicho chokwadi chekuti vanhu vose vanozviziva kuti vanogona kufamba, asi ivo havazviite.

Zvose zviiri zvinoita kuti zvigone kusvika. Fonhi inogona kugadziriswa nekuziva kuti unofanira kuita sei nemakumbo ako. Kuitiswa kwechiratidzo chinogona kugadziriswa nekunzwisisa kuti vanhu vakawanda pavakadancezva vange vachitoita matatu chete, uye izvo zvitatu, zvaitwa nechokwadi uye zvakafanana nemimhanzi, zvinenge zvinopfuura zvakakwana.

Mishonga haisi nyatsopedza kusaziva kuti unofanira kuita sei. Mishonga inopedza kungofarira kusaziva kuti unofanira kuita sei. Iyi ndiyo ukama hwemishonga nezvekushanda kwevabereki, pamwe neMDMA uye kunyange doro. Kunetseka kwemunhu kunogona kuzvishungurudza, asi kunze uko kunenge kufamba nemushonga, uye kunonzwa kunenge kuchangobva. Nzira yeRecovery Kernel: kupa muviri zvinangwa zvakakosha, kuti kunetseka uku usave nechinhu chinodaro.

Mubvondo wutsamwa unoita kuti urasike zvakare. Pane hunhu hwakakosha hwekusagadzikana - kuitira nguva pakati pezvinhu zvinonetsa, kumirira kuti simba remurwi rive pachenga, kumirira kuti munhu ari pedyo newe ave kuda kuona - apo

foni kana chinhu chinopedza kusanzwisiswa. Kutambaidzwa ndicho chimwe chido. Kushanda nemimba pachako neimwe mimhanzi kunonyatsoita kuti ufunge zvakanyanya kupfuura kushandisa foni. Bhuku iri rinopa sarudzo iyi maitiro.

SECTION 0

USATI KUDANZWA: ZVIZVOI ZVEKUBVA.

The Aerial Walk · Okisijeni neCO₂ · Kunyura · Mahara ekupeyazve · Mitsetse.

Famba muimba yacho usati wapinda.

Mashongano mashanu panguva yekupinda anogona kudzivisa matambudziko ari kuvakwa kweawa rimwe. Ziva kwavanowanikwa mhepo. Ziva kwavanowanikwa mvura. Ziva kwendaunofanira kuenda kana muviri uchida chinhu chakasiyana nechimusoro wezvemupungwa.

Maitiro Ekutanga Paunenge Watova: Famba Munzvimbo Yese Pakutanga.

THE CENTURION — Mupiloti wose vanoshevedza gurukota pamberi pekufamba. Vanyori vese vanoshevedza machati. Famba nzvimbo yacho.

Chinhuri chekutanga yacho paunenge wasvika munzvimbo yechirimo, mucheni, kana mumudzimakwikwi, haisi kuenda kuchibvazuva, kusvisisa danzi, kana kuti kuziva ani anoridza. Asi ndezvekufamba panze pemhendere yedzimba iyi. Izvi zvinotora mashanu emaminiti. Zvinopa ruzivo iripo isingawanikwe kana nzvimbo yacho yasvikirwa nevaya vanoenda, kana matenga akaderera, uye kana mumamiriro ezvakatendi ako achinja.

Haisi kutyaura. Ndiyo nzira yechokwadi - chinhu chakafanira kuita mumwe wese ane ruzivo apo anopinda hotera itsva, mumwe wose ari mutambo asati adonha, uye mumwe wose ari pamvondo asati abuda mugungwa. Ziva nharaunda usati watoda kuzvitonga nekukurumidza.

Ngariswa Yechimanjikana Inoshanda Mamininji.

Point.	Chii chatinoda kuwana uye kuchiona.	Zvakakosha here, nekuda kwai?

1. Mauto ekubuda nemamiriro ekutapwa.	Zvirongwa zviri panzvimbo, zvinogona kuonekwa kubva munzvimbo dzakasiyana-siyana padenga remadance. Zvakakosha kuziva kuti zvirongwa izvi zvinenge zvine alarm, saka hazvifanirwe kushandiswa kunze kwezvinhu zvinodikanje.	Mune zvinhu zvinetsa munhu anenge akamirira mumakungwa: moto, kutya, kana kuti kunyanyiswa. Nzvimbo yevanhu vanenge vachifamba kuenda inenge iri imwe yemhendere dzinonyanya kutyisa. Kuziva nzvimbo dzimwe zvekuita zvinobatsira kuti usave nechido chekufamba nekungwa, asi kuti uita sarudzo yako.
2. Chivakwa chekurapa / chivakwa chemubvunzo wekutanga.	Kazhinji inowanikwa pedyo nemubviri mukuru, pedyo neru rwekunyarara, kana pazvo panoratidzwa zvakajeka. Pamitambo mikuru, inogona kuve tendi kana nzvimbo yakaratidzwa zvakajeka. Kumabhawa, kazhinji inofanirwa nevanhu vanopa rubatsiro rwokurapa vakaiswa nemutengesi pedyo nebvudzi. Chengeta pazasi pezvo uko inowanikwa kunyange kana usiri kutarisira kuishandisa.	Kana munhu anogara nawe achida rubatsiro rwemishonga – kana iwe pachako – kuenda kuchikoro chemishonga uchidzorera vanhu vakawanda haisi nzira yakanaka yekutanga kutsvaga. Tsvaga chikoro icho apo panenge pasina vanhu vazhinji uye iwe uine hunyanzvi hwakaringana.
3. Kunyura.	Mwedzi wemahara: Mazvenezve eUnited Kingdom anofanira kupa mwedzi wemahara. Dzimwe nzvimbo dzakakura dzehurangari dzinogona kuva nemizere yemwedzi. Ziva kwavanenge vachitengesa mwedzi, kunyanya bar iripo, kwete kungobvuma kuti 'bar'. Taura kana pane zvimbuzi zvekunwa mwedzi wemahara (zvinowanzowanikwa pafejirasi eUnited Kingdom, asi zvinonyanya kushoma kuEurope). Ziva hurefu hwemirira panguva dzakasiyana dzerusiku (hurefu hwayo hunowedzera zvakanyanya mushure kwe12 AM).	Pa 500ml yehutsu panguva yacho paunodanceri neelectrolyte, uchada kuenda kunobva mvura kazhinji. Kuziva nzira yakafara kubva panzvimbo yaunofarira paunodanceri kusvika kumvura inzira inonyanya kushandiswa uye inogumisa zvinhu zvinenge zvakakosha panguva yechitatu.
4. Kumba	Makirasi ekushambira akuru pamwe nemakiri ayo. Maklabhu anowanzoova nemakirasi kushambira ari panzvimbo dzakawanda kana kuti mune zvimiro zvinosiyanisa, asi vanhu vakawanda vanowanzoshandisa imwe chete, saka makirasi ekuita basa anenge asina vanhu kazhinji. Ziva ese. Dzidza nzira	MDMA inogumbatira kunonoka. GHB inogona kukanganisa kunzwa kwebholaresi. Zvinhu zvinonyadzisa zvinogumbatira kunonoka. Kuziva nzvimbo yemubati usina

	yekufamba kuenda kumakirasi iwayo kubva panzvimbo yekutanga kufamba, munguva dzekusangana kwemakore, kana zvinhu zviripamhepo uye kunyanya kana mimhanzi iri guru saka kunge kuri nyore kuziva uko uriko.	kuita kunonoka kunoreva kuti hausi kuchamhembe mune imwe nzvimbo yakawanda uye yakadzikira, uchiedza kutsvaga chiratidzo chaunenge usingaone nekuda kwekusava nechokwadi.
5. Mhenda yekumira / kuzorora.	* Iro yekuputsa kunyara, kana ikawanikwa. * Nharaunda yekudonha tembiru panze (inoita kuti ive nzvimbo yakanyarara uye isina vanhu vakawanda munzvimbo dzese). * Misefu iri padyo nemagoko enzvimboganda. * Magadziko, matanho, mapuratifomu anopa nzvimbo yekugara. * Zvimiro zvine mhepo yakawanda (padyo nezvinhu zvinobuditsa mhepo, padyo nemasuo kuna mamwe maairo, padyo nemadziro ekunze).	Mubvunzo we6: Kufamba zvine simba nemisodzi, nekuyerera kwe150 BPM, kunobvisa makalori 450–600 paawa. Muropa ruchada kuzoroka. Kuziva kwatinoshanda tisati tanyanya kufara kunotitadzisa kufamba tichinyangadza mumaklabhu akazara vanhu, tichiedza kutsvaga uko kutandarira.

Kugadzirisa uye kunyatsvitsa huwandu hwevanhu.

Runhare rwevenyeri rinogona kusanganisira kuongorora huwandu hvehondo panguva iyoyo uye kunyatsoona kuti huwandu ihwi hunenge hwakawanda sei maminiti maviri, maawa mana, nemaminetsi anomwe. Izvi zvinobatsira kuti uuye nekuiswa kwako panzvimbo yemararama kwezvose zviri kuitwa — uye pane chikonzero chemuenzi chinonetsa kupfuura nechokwadi chekuti izvozvo zvakanaka.

Kudonzwa kwevanhu.	Zvinenge zvakaita.	Zvinoreva here zvakaitika mumuviri?
Dense — kuuya pakarenda kana kuti nzvimbo huru zvichienesa nevanhu shomanana.	Unogona kuviga maoko ako ese pasina kukanganisa munhu. Pane nzvimbo yakajeka yemufi pakati pezvikundi.	Kugona zvakanaka. Kuzvimirira pasina kukanganiswa. Kuva nemhepo yakawanda inoputsa muviri wako. Dziva rekudansa rinonyanya kuve nyore uye rinofadza apo vanhu vava pedyo nekudzidzwa kudaro. Ndicho chikonzero nei zvakakosha kuuya mangwanani uye kutsvaga nzvimbo yakanaka.
Nzvimbo	Chengeta nzvimbo yakareba	Kufamba kunogoneka mumarira

yakasununguka - nzvimbo ichinjiwa nevanhu.	pakati pako nevanhu vamwe vasina kufara nemi. Unogona kufamba zvakazvimiririra asi unoziva kuti vanhu vamwe vari pedyo newe.	ose. Iyo yakakosha yeCO₂ iri pachinzvimbo chaiyo. Tempanicha inogona kudzongedzwa. Iyi ndiyo yechokwadi yekudonha kwevakatema kuti vave nemunhu wakanaka.
Akazara - nzvimbo yakazara vanhu.	Vanogara pamusoro pemumwe, uye kufamba kunogona kuitwa asi kunongorongedzwa nepfungwa yevanhu vanokutenderera kupfuura sarudzo yako pachako. Unonzwa moyo yevanhu vanokuirira.	CO₂ inangoita kukura. Kunzeva tembericha kunenge zvinhu zvirinani. Mashoko ekufamba anogara achidzika kusvika pazvakatangwa nemamiriro ezviitiko - kufamba kudiki, kwete kufamba kakuru. Kana iwe uchiri munzvimbo iyi panguva yaunopinda: tsvaga mitemo, tsvaga nzira dzinofambiswa nemhepo, tsvaga nzvimbo yako usati waenda kumusoro.
Kudonzwa - kupfuura muganhu wakanakira.	Haungokoneki kuzviita zvamuri kuda nemakumbo enyu. Vanhu vanoshingaira semumwechete. Munonzwa kudzvinya kubva kumativi akawanda pangu nguva imwe chete.	Inokanganisa. Nhano yeCO₂ yakwira zvikuru. Kudzorera temberatura hakwanike. Usawedzera simba remuviri rwako pakati. Enda kumativi, enda kuenda, kana uende zvachose. Kuva nemhepo isingakwane munzvimbo isina kufanirwa kunogona kukonzera dambudziko dzvene.

Mubvunzo weOteni/CO_2: Nei Kushanduka Kwevanhu Kuchinja Mibvondo Yemiro.

THE CENTURION — Kurwadza hakusi nguva dzese kunyenganyenga. Dzimwe nguva, inokonzera nemhepo.

Mhepo yakajairwa inogara necarbon dioxide (CO_2) pamakumi mashanu e0.04% (makumi mana nemakumi maviri emamiriyoni). Munzvimbo dzinovhenekedzwa zvakanaka, nhanho yeCO_2 inoramba padyo nechinhu ichi pasina nyaya yekukura kwevanhu. Mune nzvimbo dzemukati dzinovhenekedzwa zvakadzikama – kunyanya mabhasi, makamuri ane madhishi akaderera, kanawo chinhu chero chipi chinenge chisiri nechikwanganyo chekufambisa mhepo chakagadziridzwa kuti chifane nekukura kwevanhu – nhanho yeCO_2 inokwira sezvo vanhu vachitora mhepo.

Mazinga yeCO_2.	**Iwe unogara papi?**	**Muropa rwemuviri rinogona kuita zvinoverengera, senge:** *** Kushushwa kwehutano hwemwoyo.** *** Kushushwa kwemhosva.** *** Kushushwa kwekudya.** *** Kushushwa kwehunyanzvi hwekuita.** *** Kushushwa kwekunzwa.** *** Kushushwa kwekusununguka.**
400–800 ppm (mhuka dzakarurama / nemhepo yakawanda).	Maitirwo emadhorobha ekunze. Zvimiro zvekumukati dzine sarudzo yakanaka yekufamisa mhepo. Padombo rekururama uye pamakona ekuita zvinhu kunze. Padombo pedza DJ (izvo zviri nyore kuti pave nepfungwa yakawanda yemhepo).	Zvakajairwa. Hapana kukonzera zvinoreva kusava nechokwadi kana kushanduka mumamiriro emuviri nekuda kweCO_2 chete.
800–2000 ppm (munzvimbo yekutandarira mukati).	Chikoro chero cheiri mukati, chakazara vanhu, uye chinenge nechiyambiro chekufema. Makirabhu akawanda panguva yekupenya, pakati pezvimiro zvekudansa.	Pa 1000 ppm: zvakaratidzwa mune zvidzidzo zvakachengetedzwa kuti pane zvimwe zvinonyadzisa kufunga —kusimbiswa kwehutano hwekufunga. Pa 1500–2000 ppm: kunyanya kuora musoro, kusimbiswa kwemwoyo. Zvirimo izvi zvidiki asi zvinowedzera kana zvichidaro nekurutidzika, kupisa, uye kushandiswa kwezvinhu.

2000–5000 ppm (kuderera kwakadaro, vanhu vakawanda).	Mizve dzinenge dzakazara vanhu. Misodzi inenge isina kufanira zvakanaka. Nzvimbo yevanhu vakawanda zvikuru mukati memudzimba. Chero nzvimbo uko unogona kuona mvura yakaramba pamadziro kana padombo nekuda kwemvura inovhariswa nevanhu.	Kurwadza kwakadai kunenge kuchangobva nekukurumidza kupfuura kwaungatarisira. Kunyanya, kunenge kusiri zvakajairwa. Kusanzwisisisa kwezvimwe zvitatu kunenge kusiyana nezvakaita zvinonetsa mumiro yemishonga. Kufamba kwemwoyo nekupumha kuchidikanidzo. Kutambura kunenge kuchangobva nekukurumidza kupfuura kwaungatarisira. Zviratidzwa zvakadai zvinowanzo fanirwa kuita mishonga, asi zvinogona kunge ari mhepo.
5000+ ppm (inofara - asi inonetsa, asi inguva dzekunaka).	Mizero inenge yakachengetedzwa zvakanyanya, kunyanya mumatombo madiki, kunyanya kana vakatangwa vakawanda. Hazvichene kazhinji kumabviro akaitirwa nemabhizinesi akabatwa, asi zvinoratidza kuti zvinoitika kumamiriro ekusangana asingabatwe mutsuro kana kusimbiridzwa zvakanaka.	Kunzwa kunyanya kufamba, kuoma kweurungwi, kusimudzika kwemwoyo, kushaikwa kwehunhu. Iyi ndiyo nharepano inova nechero, saka zvakakosha kubuda. Kana vanhu vakawanda vanenge vachiratidza zviratidziko izvi panguva imwechete: mhepo yacho ndiyo inogona kuita kuti zvii zviri kuitika, kwete chete zvekunyudza.

Manekuenzanisira Mhepo Yakanaka Munzvimbo Dzinoverengeka.

Haungokwanisi kushandura zvinhu zvinobvisa mhepo munzvimbo yacho. Unogona kungoshandira panzvimbo dzine mhepo yakarurama.

- Pedyo nepoomu yemusikana, zvitoro zvinofanirwa kuchengetedza musikana kubva kumoto uye kuita kuti asavhare nekuda kwemwedzi murefu. Kushandiswa kwezvinhu zvinobvisa midzi dzakawanda pedyo nemusikana kazhinji kunenge kuri nani kupfuura kune imwe nzvimbo yedancefloor.
- Pamusoro pefenesi, CO_2 inonakidza kumugwagwa uye inomira padyo nemadziro apo fenesi inapinda. Pamusoro pemudzi wekuimba, padyo nedziri padombo, mhepo inobetera kupfuura padyo nekumwe.
- Pamusoro pezvinovhurwa zvinoona nemamwe maumwe — imwe nzvimbo yega yacho inobatanidza nemimwe, uye inogara ichibvisa mhepo uye kupinza mhepo itsva. Nzvimbo iri pakati pemaroomi iyi inowana mhepo yakachena kupfuura yemukamuri rimwe nerimwe.
- Makumbo akaderera – CO_2 inonakidza kupfuura mhepo asi mumamiriro ekutenderana kwevanhu, zvinhu izvi zvinenge zvisina musimboti. Zvisinei,

nzvimbo yakarukwa kana yekumabhaniki kazhinji inovandudzika kufamba kwemhepo nekugadzirwa kwayo.

- Pedzisa padyo nechiridzwa chero chipi chakaratidza midziyo yemhepo, kana kuti vent, kana fan — bvunza kuti pane kupenya kwemhepo here. Kupenya kwemhepo kunoreva kuita kuti midziyo yeO_2 ibve nekukurumazana. Tempanicha inosiyana padyo nechiridzwa chiri kushanda inonzwisiswa, kunyange panzvimbo inodziya.
- Kunzvimbo yekutambanudza kunze, nzvimbo yekudya kunze, uye nhanzi yekurayira kunze. CO_2 kunze inenge yakafara nemhepo yezvakatenderi. Kana uine utsinye, kusadzikama, kana kushungurudzika isingawanzoitwe mukati: enda kunze kwemaminiti gumi usati watanga kufunga kuti zvese zvakakonzerwa nezvinhu zvinodhaka.

Mhedziso: CO_2 + MDMA + kupisa mumuviri + kushushwa kwemvura + kurasa zvinonutrisa zvakakosha kunobva kuita kuti muviri utambe masimba akawanda. Kuziva kuti chii chinoita kuti mamiriro ese aya ave akaipisira - uye kugadzirisa nyaya yacho - hunoda kuziva kuti CO_2 iri pakati pezvinokonzera dambudziko. Munhu anobuda kunze kwemaminiti gumi uye anonzwa zvakanaka zvikuru, anogona kuve akaziva kuti mhepo yakanga ichiitawo chikomba chakakosha, asi haisi chete zvekunyudza.

Mapeya ekufambira nemvura.

THE CENTURION — Gadzirisa nzira kana usati wayo. Ndiyenda nayo kana uchida.

Mapeya ekudzivirira kufa zvinoita basa uye anotsanangura zvinofanirwa kuitwa. Panguva yekufamba munzvimbo yacho, tarisa uye famba kuenda kumamwe maererano anonotaurwa pazasi kuti uzive nzira nemuropa wako, kwete kungodaidzira mune simba remoyo:

Chiteshi.	* Zvakakosha kuti mutarisire. * Maitiro ekufamba. * Zvinhu zvinokudzidza. * Nguva yekufamba. * Mifananidzo.	Nharaunda yekushandisa.
Mvura yechipo / chiteshi chemvura.	Nzvimbo. Kana pane mutsetse pakufamba (pakatanga = pfupi; panguva yakanaka = refu). Kana pane zvimbuzi zvinoverengana kana chimwe chete. Kana zvimbuzi izvo zvina mvura dzine utsi. Kana uchida kubatira mugomba rekutora mvura wako.	Chengeta mvura nguva dzese – usati watonhuhwa. Kunhuhwa pachiitiko chakazara nezvinhu zvinofukidza uye kunyanya kudiki kazhinji kwakawanda. Chiratidzo chinofanirwa kuve 500ml pachiyambiro nemavhiringi, apo uchifamba. Usamirire kuti muromo wako uwedzwe usati waenda kunobva mvura.
Bhaire iri pedyo nemhenda yacho yemararwa.	Bari ripano pedzwa refu kubva panzvimbo yauchida here? Bari ane sarudzo dzakakosha dzezvinhu zvisiri zvemurwere. Bari ane mutsetse mupfupi paipoi (izvo zvakaenzana, kazhinji).	Maitiro yekubatsira kwekunyura: munhu mumwe anoramba ari panzvimbo dzemadance, uye mumwe anoenda kuchitoro. Sarudza zviri nyore izvi usati watanga kuita mitemo yakareba yemakwenzi. Munhu anosiya panzvimbo dzemadance panguva yekudzoka kwevhidhiyo kuti aende kuchitoro anenge asazowana chikafu chekunyura. Ronga nguva yekuenda kunonwa mvura pakati pezvimbuzi kana patendi remuzikwa richidzikira.
Makamuri ekutonhora.	Makirasi ezvimbuzi zese, kana dziri mbiri. Nguva yekufamba kubva panzvimbo yekutanga kufamba (chengeta nhanho - zvachose). Nguva yekumira	Kunyengwa kwezvakatengei zvine simba kana uchishandisa MDMA, diuretics, kana kunyudza mvura zvikuru. Kuziva kuti chimbuzi chiri pedyo

	munhare panguva yakatarwa yezororo (kazhinji 1–3 AM kumabhawa).	nemaminiti makumi mana nemamwecheche, uye kufamba kuenda kumusoro kwezvirimwa, kana kuti kufamba maminetsi matatu kuburikidza nevakawanda, inobvumira iwe kuti uita sarudzo inonzwisisika panze pekufamba nekukurumidzira.
Munzvimbo yekumahara uye yekugara.	* Iruyi rekuzorora, kana iripo. * Nenzvimbo yekutambura, nevenyeredzi. * Mabhinchi mana apo aripo. * Bodzi nemamwe matine anogona kusekesa. * Pfupa uye nzira kubva kunzvimbo huru yekudansa.	Muropa hunoda kuzorora zvine hungwariso. Kubva muSection 6 yeiyo bhuku rekudansa: panguva yekufamba nesimba rakakura, muropa unoshanda zvinokosha. Gadzirira kuti urorwe kwemaminiti gumi rimwechete pamazana emaminiti ekudansa. Ziva kwauri kuenda usati waenda.

Mudzidziso wekucherechedza nhanho.

Panguva yekufunda, pedza nguva uchifamba zvine hungwariso uye ubude nhanho ne nhanho kubva panzvimbo yacho yaunenge waongorora kuti ichava nzvimbo yekutanga kurota kusvika kumamwe mashiriki. Hazvirevi kuti uchazviziva chaizvo, asi kufamba iro rwendo pachayo kuchaisa ruzivo mumuviri wako. Kana uchida mvura panguva yechitatu apo unenge washanduka uye uri munzvimbo yakadonzwa nevanhu vakawanda, masikati ako achazviziva nekuda kweiyo nzira kunyange kana uchienda nemano akaderera.

- Mwedzi: ___ matanho kubva panzvimbo yangandiri. Ndiraisira: ___
- Makamuri ekubvarika (pedzwa): ___ matanho. Mhandu: ___
- Mba yekubvarura (nzira dzimwe): ___ matanho. Mhandu: ___
- Zvimiro: ___
  Mhandu: ___
- Chiteshi: ___
  Mhandirowo: ___
- Buda kubva kumudziro wekudansa: ___ matanho. Mhandu: ___

Haisi chinhu chakakura. Iyi ndiyo sarudzo yevakadaro iyo vanogona kushandiswa nevaya vanobatsira mumamiriro ekukanganika, vashandi vechiitiko, uye vanhu vane ruzivo vanoenda kumafestival. Mineti mishanu yakapedzwa pakufamba kwekuronga ndiyo nzira yakanakisa yekuderedza ngozi inowanikwa pachiiitiko chipi nechipi.

Chikomba: Kuzorora Zvakanaka vs. Kuparara Pazasi.

THE CENTURION — Muropa rinorara risati rabva richidaidzwa ndiro ropa rinodancerera kusvikira mangwanani.

Ita ra6 remutero wekufamba rakagadzirisa zvinodiwa nemuviri panguva yekudonha kwenguva refu. Kana muviri uchishanda zvakanyanya - kudonha, kufamba nekuita "two-step", kuita "stomp" - munovhara muviri wenyu pachinzira chinonyanya kushanda. Chakaipa chavanoreva vanhu vakawanda ndechekuti vanoramba vachishanda panguva ino kusvikira muviri wavo anoda kuzoroka, panzwa kuti zvakananga kuropafadzwa usati watora mapfumo.

Kugara zvine hutivi panguva yekurapwa (izvo vanhu vakawanda vachitoita).	Kuzorora zvine hungwariso (zvaanoda muviri).
Damba kusvikira maoko akanganisa. Sarudza kuti maoko haachinji. Damba zvimwe. Maoko anenge achikukwerera. Pakupedzisira, muviri unozotungamira—munhu anofanirwa kagara pakarepo, anonzwa kushanduka, anowedzera electrolytes kusvikira anobva watambura, kana kuti anogona kunyatsoenda. Kugara kwazvinoita munhu kunenge kuchidikanwa kuti abudirire kubva mumamiriro ekutadza, uye asiri kuti aunganidzwe.	Gadzirisa nguva yekumidzira yeminitsi gumi pachiitiko chemaminetsi makumi maviri nemakumi mashanu kusvika makumi matatu nemaminuti makumi mana ekutamba. Siya danisifireyi usati mumuvimbo wemuvimbo wepedyo. Dzokera. Dya mvura ine maelectrolyte. Dyai banana yacho yakanga iri mubhegi rako. Dhonza danisifireyi patsva panguva yekupedzisira yeimba yemutambo. Kumidzira kwakadaro hakusi kurasikirwa, asi chinhiramakuru.

Chirimo: Mumatunhu anogara ari chirimo, chirimo chinoitwa kuti vafambi vasvike pachinzvimbo yacho pavakapedza kushoropodzwa. Chirimo chinoita kuti vafambi vakwanise kuzorora kwemaminitsi gumi pamberi pekudzoka kumangwana. Matunhu akawanda anogadzira chirimo zvine ruzha rwusingasviki uye tembericha yakaderera. Kuzorora kwevabhendi kunenge kuchina maminitsi ari mu-chill-out kunge kune avanobva pachinzvimbo yekushoropodza.

Nenzvimbo yekunze: Nenzvimbo yekudya kunze kana nenzvimbo yevakafuma zvakatsetse inenge inzvimbo yakanyaradza zvikuru dzinowanikwa kumabhawa akawanda. Ine CO_2 idiki kupfuura nzvimbo dzese dzemukati. Inodziya zvishoma. Inowedzera zvishoma. Kufamba kunze kwemaminiti gumi panguva yechitatu kazhinji inzira yekusimudzira kuti uende kusvika 8 AM panenge pasina kukubata.

Nezvinhu zvinoita kuti nguva ive nyore: Iri nzvimbo haidi kuti kukurukuri kwedanga, kubatana, kana kufara kudaro kupinzwa. Zvakawanda zvekukurukuri zvinosimbiswa munzvimbo dzekuzorora pamakambani. Munhu akange atamba mazuva mana anogona kuzotaura zvinhu. Nzvimbo yekuzorora ndiyo inobvumira kuti aizvoitwe.

The Conga Line: Mufaro Unotarisira Vese.

THE CENTURION — Mudairo imwe umo haungazivi kuti ari kuita nekuti munhu wese ari kuitira pamwe.

Zvese zviri muchinyorwa uku zvakataura nezvehunyanzvi hweumwe mumurimi uye kuvimba kweumwe mumurimi panzvimbo yekudansa. Konga line ndiyo isingafanire kushandiswa mune zvesarudzo idzi. Inoda hunyanzvi hweumwe mumurimi. Yakakosha pakubata vanhu vese nekugadzirwa kwayo. Inopfuura zvinhu zvose zvepakati pevanhu panzvimbo yekudansa nekuda kwehunhu hwake. Uye inofara zvikuru, uye kufara kwacho hakufanane nekuvaka kufaro kwevamwe vekunyora panzvimbo yekudansa.

Conga line haisi chinhu chekare kana chinhu chinonakidza. Ndiyo nzira yakanakisisa yekubatanidzwa kwevanhu pachirimo, uye inobatsira nechinangwa chimwechete chakakosha: kubatana nevamwe vanhu vasati vatanga kufamba pachirimo.

Maitiro Ekendwa - Nyakudziridzwa Nechinangwa Chekunyatsofana.

Maitiro Ekufamba.

1. Tevera imwe, shandisa hurefu hwepuranga.
2. Tevera imwe, shandisa hurefu hwepamhandu.
3. Kikidza: Shure remurume rinobuda zvishoma kumatenga (risati rakakwira - kunyora nyore kudonha kumativi, pachiyero chekudada).
4. Tevera nemutsigiri wekuruboka rwechipfundo.
5. Tevera nemutsigiri wako wekurudyi.
6. Kira: Shure remusoro rinobhururuka zvishoma kuchidzitiro.
7. Step, step, kick — step, step, kick. Mune remuzikhi we 4/4: step pa 1, step pa 2, kick pa 3, step pa 4, step pa 1, kick pa 2.

Maoko: Sarudza pachikomo kana pazvishiri zvemumwe ari pamberi – kwete pamakumbo (inoshanda) uye kwete panama (inosetsa). Maoko anoridza zvishoma-shoma pazviziromo zvechikomo. Hakuna kudiwa kwekusvigira. Kunyudza kunoita ndechekugara, kwete kusvigira.

Chikomo chepamberi chemurume weconga ndicho chinotungamirira nzira. Murume wacho unobatsiridzwa nemamwe. Nzira inogona kuchinja chero nguva — chikomo chepamberi chinoshandisa muviri wake kuti zive nzira. Vanozvisarudza vanotevera. Hakuna kumbama kunodiwa kunze kwekutevera masodzi.

Kuzotamba: Konga line inogona kutanga kupinda panyaya yega pese pane nzvimbo dzayo. Enda kuchidziviriro kweiyo line, sarira kumusoro kwemumwe munhu wekupedzisira, bvisa maoko. Wakapinda. Iyo line

hairegeri, haidzikisi, kana kuti kusabvuma kupinda - inongova narefu chete.

Fonction yeSosaiti: Zvaanogara Kuchitika Muchiyambo.

Dambudziko padenga remadance.	Zvinobudirira sei?	Ndinonzwa kuti zvinoita mushewe mune zviratidzo zvefestivha nekuti...
Munhu anorimwa pamusoro, asiri kutamba—munhu anoda kuve nechokwadi kwezvaunenge uchita asi asingazivi kuti anofanira kungangani kuti abude pachinzvimbo yake.	Muzvariro wevaya anogona kufamba nemhenderekedzo dzemahara, kutora munhu ane foni, uye kumutaurira kuti adzike mumuzvariro uyu pasina kukanganisa zvinhu. Izvo zvinonzi "zvakanyorwa" ndezvekuti, iye munhu ari pamberi pei, anenge amuitira izvi. Uye chinhu chiri pachena ndechekuti, haafanire kuita sarudzo kana kuti kukanganisa zvinhu.	Kusanganidza pasina kukumbira. Conga haidi chinhu kana kuti, "sarudza maoko ako pano uye famba mberi." Iyi ndiyo nzira yekubvumira vanhu kuti vabatire pachinzvimbo chekudansa yakaderera zvikuru.
Kushungidza kwekufamba kwega – kunzwa kuti uri kuongororwa uye kucherechedzwa sezvakaita wandi wevhidhiyo.	Muzvariro yevakadzi uye varume inobvisa zvizvo zvinangwa zveumambo. Iwe uri chikomba chemuenzaniso, kwete murimbindi. Hapana ani anovhura kuti cha-cha kana tango yako yakanyatsogadzirwa here. Chinhu cheka chinoonekwa ndeiyi mutsara wevanhu.	Kune vanoda kunyengera, uye vane kushungurudzika kwezvepakati, avanogara vachishandisa foni sechipamhengo, conga inova nzira isina kuita nezvakatsetseka yekubvisa zvinhu zvinovhura: kubatana nemunhu mumwe nomumwe pasina kunetseka nekuti munhu anozviziva.
Dambudziko rekufamba – vanhu vane chido chekuteerera vamwe vanogara pamusoro pefuro, asi havana chikonzero chekuenda kuzoita izvozvo.	Muzvariro yeconga inoenda. Iyi ndiyo chete nzvimbo yekutamba iyo inovandudzwa nekufamba. Muzvariro yeconga inotanga pedyo nejekiseti inogona kuenda kumakoni ese emba kana iye anotungamira akasarudza kudaro.	Iri ndiro basa rakashoma kufungidzwa remutambo weconga. Inosanganisa makirasi akasiyana-siyana, inovhima mudhori rese remutambo, uye inotora vanhu vaive mazuva akasiyana, zvakare inovaka nguva imwe yekujoya yaanenge isingawanikwe nemakirasi ayo asingasanganiswi.

Kana zvaitika kuti zviito zvekusangana nemunhu mumutambo (conga lines)—uye kana kutanga kudaro.

Mafiriso: Mazhinji anogumburwa apo: panguva yekupedzisira kwehusiku apo vanhu vachifara zvikuru uye simba revanhu richiri repamwendo uye zvinhu zvepakati pevashandi zvichinyanya kuve nyore; panguva yekuchinja kudzidzisa kweDJ apo simba richidyidzana kwemudiki uye vanhu vasina kunyatsomanikidzwa kuzvifungira vachiri pavakazvimiririra; panguva yemafestival ekumazuva anotarisana nemhepo, vanhu, uye mimhanzi inosangana kuti zvibate kufara kwepamwe.

Maneano ekutanga: Munhu anofanira kutanga. Bvisa ruoko kana kuti ubate pachikomo chemunhu ari pedyo newe. Dzama mune iyo nzira yakatarwa. Dhonza munhu ari kumashure kwako. Vanhu vatori vatatu ndevekudonha. Ichiri kuchangamuka.

BPM yakanakisa: Mabhuru ekufamba anobudirira zvakanaka pa100–130 BPM — tempos yemimhanzi yehouse uye Afrobeats apo chifukidzo che"step-step-kick" chinonyatsoitika pamabhatani ayo drum rekusunga uye snare rinoratidza. Pa150 BPM, imimhanzi yetechno inenge yakasimba, "step-step-kick" inoita kuti kufamba kunge kuchangobva. Pa80 BPM, kunenge kuri pachena kushevedzera, kwakaoma kuwana mweko wekufamba.

Mugwagwa: Nzira dzakanakudaro dzekuriga zvine ruzhawo dzinofanirwa kuzorongedzera pamusoro pemadhori ekutamba, uye kudzoreredza nepenyika yemabhizinesi ari kumativi. Boka rinofanirwa kuwedzera vanhu vakawanda sezvazvinogona. Nzira yakareba (yakanyanya, inoshanduka kuburikidza nechivakwa uye kudzorera) inoda simba zvakawanda asi inowedzera vanhu vashoma.

Kuti zvibvisane: Zvhinji kubva kuSezheni 0 kusvika kuSezheni 8.

THE CENTURION - Kuongorora nzvimbo ndiyo yambotanga. Kufamba kwevhidhiyo kunyanya kuzova chinhu chakakosha mushure mwo.

Bhunu rekuenda rinotevera zvakaderera: svika, famba mumauto, edza matanho mashanu, ona kuti vanhu vakawanda sei, sarudza nzvimbo dzinopisa, jedza nhanho kuenda kunyuchi uye kuchimbuzi, ona nzvimbo yekumhara. Uye ipapo: shandisa musoro, isa chinhu chepakati, yanga nepfungwa yemusikana, bvunza kubva kumusikana weTango uye cha-cha kana musikana uyu achida, dhonza kana musikana uchida kuti udhonde, nyunyuta kana zvishoma zvakakosha, siyana foni yako, ita zvese zvamuri kuita nemufaro, roga panguva yakanaka usati mumuviri wako akumbira, dzoka pasi wakapenya.

Pano paita kuti nguva yacho iwane—panguva yakakwana, apo matambudziko akaderera, uye mhepo yemurume wese yapenya nemufaro wechokwadi wezvemabasa akanaka—dzamisa murongwa we"conga". Kana uchiona murongwa wakafamba zvakadai, join. Murongwa uyu unofamba kwakaita, uye anobata munhu wose aona.

DZINYORWA ZVESE ZVINOTI ZVINOITWE – DHAMIRA PAKADZI KUSATI MADZIKA MUHUDHUKU.

☐ Mauto ekubuda nemhosha akawanikwa — angori ese ari maviri.

☐ Chiteshi/chivhiya chekushandisira zvakawanikwa.

☐ Muvimburi wezvakatete wakanzwisiswa - nzira yakayerera.

☐ Kuiswa kwemba mvura kwakakonfirwirwa - yemiriri uye yedzinongorira.

☐ Munzvimbo yekuzorora yakawanikwa.

☐ Minda yekushandiswa kwemhepo yakaratidzwa - uko kushanda kwezvinhu zvinobvisa mweya kunonyanya.

☐ Kuchengeta huwandu hwevanhu - kuti ari papi zvino uye aizotaenda papi.

☐ Nhamba dzekutanga dzakachengetwa mumuviri - mvura, chimbuzi, kuenda kunze.

☐ Kudya zvine mvura mumutumbi - micheka, pisheni, michero yeBrazil.

☐ Gare rekuzorora rakagadziridzwa - pamazana emaminiti 60-90.

☐ **Conga line: inogona kushandiswa, asi haisi yechikomba.**

— — —

Famba mumauto. Ziva mhepo. Ziva mvura. Ziva nzira yekubuda. Ipapo, famba uchidada.

Sezheni 1 - Nyakudzo: Zvinhu Mitatu Yese Muviri Anogona Kuitira.

THE CENTURION — Usati kutanga chinhu chero chipi, pane mutsito unogara uchifungira. Mutsito iyu ndewokuyambuka masoja.

Mhando yese - kubva kuwieneri waltz kusvika kuAfrobeats uye techno yeBerlin - yakakonzwa pamutsetse mupfupa mumwechete: kushandiswa kwehunyanzvi hwekufamba, kunyanya kupindira nekuvhara simba remuviri kubva kumukati memutsipa wekumusoro kusvika kumutsipa wepasi.

* Haisi kufamba-famba.
* Haisi kudzokorora.
* Haisi kukwazisa mhasuru dzemakumbo.
* Asi kushandiswa kwehunyanzvi hwekufamba, kunyanya kupindira nekuvhara simba remuviri kubva kumukati memutsipa wekumusoro kusvika kumutsipa wepasi.

Iyi ndiyo nzira inogadzirisa kufamba kwemunhu kuti ave nemhungano. Iyi ndeye chinhu chakakosha zvikuru muchigadziriro chino chedzidziso.

1.1 — Kupindira Kwemauto: Mutsetse Wekutanga.

Ndingavaudzai kuti chii chinenge chisina.	Zvinotarisa sei nezvayo.	**Ndinogona here kukubatsira?**
Makumbo akagara pasi. Muropa unoshanduka kukwira nedzivhu, asi usina kupindira kurubuda kana kufamba kumberi nekudziva. Kufamba kwacho kuri kuchikoro, asi munhu anoramba asina kuenda kumhiri uye asina kubatana nechinhu. Iri "kushanduka kwekunyanya," - kufamba kwakaitawo apo muropa harina kumbonzwa kuti chaizvo zvinofanira kuitwa.	Pamusoro pechiratidzo chega chega, simba rinopinda mumutsve wemakumbo akasiyana. Muropa une chitarisiko chakazara chekufamba panguva yega yega. Kufamba kunoita kuti nzvimbo yekukanzurwa kwemunhu ishanduke. Munhu anogona kuita seari kurota nekuti ari kushandisa muviri wake kuzviita zvinhu zvinenge achitarisira.	Simudza makumbo ako, achiita kuti ave nemakona akafanana. Isa uremu hwako hwese pamusoro wemukoma wakadaro. Hwose - mukoma wekuruboshwe unogona kungobata pasi zvishoma chete. Iye zvino, siyanzwa zvese kumusoro kwemukoma wepakupindira. Zvakananga. Zeza kuti uone kusiyana. Iye zvino, ita izvozvo nemurayiridzo. Izvozvo ndizvo. Izvozvo ndiyo nzvimbo yezvinhu zvese zvemamwe munyori mune bhuku iri.

1.2 — Kuwana Rwepamuridzo: Kune Vanofunga Vekeve Vasingakwanisi.

Vanhu vakawanda vanoti havanzwisise "beat", asi vanenge vachinzwa imwe yeakawanda mitambo yemhuri dzemimhanzi dziri kushanda pamwechete. Mimhanzi yedhijitari inogona kunge ine mitambo yakawanda yekurira, zvichiratidza kuti:

[Ita zvinotevera kuti uwane "beat" chaiye:]

- Tarisai mbiri — inzwi rakaderera, rinonyanya kunyengwa mumhuri yeimba dzevhidhiyo. Kazhinji, inzwi iri rinonzwika pama beats 1, 2, 3, uye 4 mune imba ne techno (muenzaniso we "four-on-the-floor"). Iri inzwi rinonyanya kusadudzwa uye rinonyengwa zvakanyanya. Funga nezvayo mumuviri wako, kwete kungonzwira nemamineti ako.
- Kana usina kuona basa rembirira nekuda kwezvaruriro zvinokonzera kushushikiswa, tarisa musoro weDJ. Vakawanda vemadhija vanogura panguva yekutanga. Tevedza izvozvo.
- Kana usati wawanikidzwa, tarisa mumwe munhu anonzwa akagadzikana uye bvunza nguva yekufamba kwemakumbo ake kweanenge maminiti imwe. Muviri wako unozotanga kunzwisisa rhythm iyi nekudhindisa, panguva iyo isati yasvika kuziva kwenzira yechiratidzo.
- Bhiti raunogona iri harina kumbiridzwa kuti rive rimwechete nebhiti riri kushandiswa nevamwe. Kushanda pachinzvimbo (half-time) zvinobvumirwa. Kushanda nekukurudzira kaviri (double-time) zvinobvumirwawo. Mutemo nde: chengeta bhiti raunenge wasarudza.

1.3 — Matanho Aritatu Ekutanga Emazviri.

Matatu matanogona kushandiswa pabuda remuromo chero padyo, mune zvinonzi "genre" cheroipi, uye nemunhu ane hunyanzvi hwechipiri chipi nechipi. Matatu ese anobva pakuyambuka kwemuviri. Matatu ese anogona kushandirwa zvakasiyana-siyana kusvika wapedza.

Simudza.	Zvinangwa zvekubudirira.	Zvinofanira kuita nezvazvo.
The Bounce.	Mhanya dzakatariswa zvine zvikomo zvepakudonha. Mazhengu akanyunguduka zvishoma – haisi kuchema, asi haafaniri kukonzerwa. Pamwedzi yega yegitare, nyunyudza mazhengu mashoma, uye wobva wadzorera kumusoro. Kufamba uku kunenge kusagona kuoneka kubva panze, asi kunobatsira kuti uuye nechimusoro. Wedzera kufamba kwemuviri kuchidzika	Dzora zvakanaka padombo, uye dzichene zvishoma kubva pamuviri - usadzikise pakunonoka. Zvirevo zvinofanira kufamba zvakanyanya nemuviri. Kana usati warurama kuti uita nezvazvo: rumwe ruoko ruchangobata pachikomo, rimwe ruchichene zvakanaka. Dzisa kuunganidza makumbo akawanda pamusoro pemubereko - izvozvi ndiro

	nekururama pamwedzi yega yegitare kuti kufamba kwacho kune runyararo. Iyi haisi kuruka. Iyi ndiyo nzira yekudzorera simba remuvimbo.	chiratidzo chekurega, uye muviri unozviziva.
The Two-Step.	Tinya saka yacho kuenda kurudzi rwekurudyi pa1. Uya nemutsara wako wepakati kuti uiyane nayo pa2. Tinya mutsara wako wepakati kuenda kurudzi rwekumusoro pa3. Uya nemutsara wako wekunze kuti uiyane nayo pa4. Izvi zvinoreva kuti mavhiri maviri akapedzwa zvakare. Wedzera kushanduka kwechipatswa pachinzvimbo chemutsara waunotinya. Unogona kuenda mberi, kudzoroka, kana kuti kufamba mumadiki-madiki emusarando neiyi nhanho. Haungambore kudiwa kuti uita chinhu chemamwe kana ukaita zvinhu izvi zvakanaka.	Maitiro ekufamba akaratidza kufamba kwemahara kwebhefu — bhefu remumwe musoro rinofamba kumberi apo muranga unofamba. Zvirege kuti izvi zvikuitike. Kana uchida kuwedzera kufamba kwembuyo: svira zvishoma mumarudzi akaita, wobva udzorera kumusoro. Kana bhefu rimwe richinyatso simuka pachiyero che1 ne3, uye ridzokere pasi pachiyero che2 ne4. Mbuyo dzinofanirwa kunzwa kuti dziri kufamba senge zvinhu zvinofungira, kwete kungoita mativi.
The Lean.	Inzwa yakanakisa pa130–150 BPM yeiyo minimal techno. Mazuva akatarisana, simba rakagadziridzwa. Kubva pamusoro wemwoyo – kwete kubva pachikomo – nyorera kumberi degiri 10. Simba renyu rasvika pazvipfeko zvamariro emakumbo enyu. Musoro wenyu unonyatsozvisurudzika nemutambo. Maoko enyu anogara panzvimbo yakanaka kwamuri. Kunyora kunoona kuvepo uye kufunga mumutambo pasina kudiwa kwekutamba nemakumbo. Izvi zvaanenge achiita vanhu vakawanda vanofarira techno muBerlin.	Mano yakanyatsopinda pachikapu (ino inogamuchirwa muchido chidiki nekuti kuenda kwayo kunoratidza kufunga, kwete kusavabvumirana). Mano imwe pazasi pechipfu. Maoko akareba nemusoro. Kana kuti, mano rimwe rakanyatsofamba zvishoma kumativi. Muchido iri, zvaari kuita maoko haisignifikire zvakawanda pane hunhu hwekuyenda. Kuyenda ndicho chinhu chinonyanya kukosha.

Seziona 2 — Zvinhu Zvinobva Kune Mamwe Masosi: Zvakadaro, Mharidzo DzeMhando Dzepamwedzi Dzinotidzidza Sei?

THE CENTURION — Tango inodzidzisa chido. Cha-Cha inodzidzisa kusangana kwehutungamwari. Stomp inodzidzisa kugara pasi zvine simba.

Haudi kumbonzwa zvaTango, haufaniri kutanga kudzidza dzidziso dzeTango. Haudiwo ruzivo rwekutamba mumaruva. Zvinhu zvakakosha zvemadhiramu akanyatsogadzikana ndezvo zvavanazvo: runyoro rwenzira dzekutaurirana nemuviri, uye zvikuru zvezvirimo zvacho zvinogona kushandiswa pakutamba mumaruva mumwechete munguva pfupi dzekanenge yapfuura mashanu.

2.1 — Kubva kuTango: Mufananidzo, Chiratidzo, Musoro Wakatangwa.

PAMU DZEPA – Chinhu chinoshanda zvikuru chaigara kuchishikwa nevatanga kuimba tango, asi chinhu chakakosha kwazvo mukutamba mumaruva ndicho hunhu hwehutano.

Tango yeArgentina yakamirirwa nemutsetse mumwe: yese nhanho inzira yekurumbidzwa. Hapana nhanho dzinenge dzichida kushandiswa munguva iyoyo. Kana hure hwacho huchifamba, hunosvika nechido chakazara. Muropa unoziva kwauri uchienda usati waenda uko. Nhanho yacho inoratidza sarudzo.

Iri ndiyo yakananga inoparadza vanotamba vavanenge vakanyatsogadzikana nevaya vanonetsa kunyatsvitsa pachidhori chekudonha. Haisi kuoma kwekufambisa mweko. Asi chinangwa chiri padyo nekufambisa mweko iyoyo.

Chirevo chetango.	Kana uchifamba mumudziro weclub.	Zvinogone here kuti ndidzishandise zvakananga ikozvino?
Mune, mumwe anenge akamira zvakanaka muchinyoresviro chetango, anofanira kunyatsosimudza utsinye hwake, uye kuve nechisimbiso chemwoyo achitambanuka kumberi pachikomo. Anofanirawo kuchenesa mwoyo wake kubva kumutsipa, uye kuvadzika zvishoma-shoma. Kunze uko, vanhu vaviri vanofanira kunge vachitarisa nhau nemuropa	Pamusika wekurumwa: muimba, maitiro anogadzirira kuita chinhu chakakosha. Mubvunduru unosimudzwa (kwete semuswe—zvishoma uye wakatariswa). Muviri unoshanda kumashure pamakumbo. Kunyatsosimudza mubereko zvishoma. Iwe unonyatsobatana nemusikwa, usina kuzviita kuti uderere. Uku ndiyo	Paradzai tsanza remuropa. Usaparadza musoro, asi paradze tsanza remuropa. Dhonza zvishiri zvenyore zvakarepakare uye zvichidzika pasi. Zvione kuti simba rechisikwa chako richiyambuka kuenda kumatambo emakumbo ako. Izvozvi, wava pamutsetse wekuita tango. Paradzaiwo "bounce" (kusuririra). Tarisa kusiyanzo.

wavo wepamusoro.	musiyano pakati pemunhu anenge ari mumusika uye munhu ane kungava mumusika.	
MHARA YAKAZVIGIRA: Mutsigiri mumwe wekuimba ye "tango" unouuya zvakazara - haungosiyi, haungodaro kuti uchitambira chete. Shoko rinotanga kufamba, rinopinda, uye rinoreva chinhu.	Munezvakadaro muchikoro: kana uchifamba kurubhu, famba zvakanyanya kurubhu. Kana uchifamba kunurasi, chega. Kugadzirisa kwemuviri pakati pemunhu ane hutsinje nemudzamuri ane kuvimbwa kazhinji inzira yekupfuura kwehunyoro.	Dzidzisa imwe nzira kubva kuSection 1, asi nguva ino: ita zvinhu zvese nemazvo mumimwe mitambo. Sarudza tembo remakumbo rekutanga uye uderere pachayo zvizhinji. Derera tembo remakumbo rechipiri nekuderera pachayo zvizhinji. Tarisa kuti zvinotaridzika uye kunzwa zvakasiyana sei, kunyange mumiriro.
TANGO YEKUTONGA: Tango inoshandisa kushoma semhando yeimba. Kushoma panguva chaiyo kunonyanya kuve chikomba chekuita, kungofanana nekufamba.	Kukomberedza pamafuro ekudansa: kuwana nguva yekumirira uye kushandiswa kwenzwi pazvakatadza kana pakati pezvinongwa, uye kumirira zvachose, mufuremu, uchinzwa - ndimo chimwe chezviito zvinonyatsoita kuti vanhu vafunge nezvenyaya. Izvo zvinoreva: Ndinoziva kuti mimhanzi ichienda kupi uye ndiri kunamirira. Vanhu vese vakakukomberedza vanonzwa izvozvo pasina kuziva nekuti nei.	Nenguva imwechete mimhanzi ichidzikira kusvika pazvakaderera zvakanyanya: edzai kumisa zvachose. Sarudza nzvimbo yakanaka. Mira. Tarira kuti rimuriro rekutanga ruchitangamira. Wobva watanga kufamba pamuriro iyu. Zvichaitika sezvazvinenge zvinonakidza uye zvichiratidzika sezvakangoita nechinangwa.

2.2 — Kubva kuCha-Cha: Kusimbisa uye Kushanduka.

PAMU DZIYE - Cha-cha inodzidzisa kuti uita sei nezve "uye" - mhepo pakati pemarira.

Kuverenga kwecha-cha – imwe, mbiri, cha-cha-cha – inzvimbo yekusangana: kufamba kunoitika pamazwi akatevera beat huru. Kudzidza kuti anzwe "and" beats inobvumira kuona nzvimbo yese pakati pezvemupfungwa yemafirimu iyo vanhu vakawanda vanoedza.

Chakanyama cheCha-Cha (chinyorwa nyore kwekushandiswa mumabhawa).

1. Simuka nemakumbo akabatwa pamwechete. Derera simba pakanonongoro karemurofu.
2. Dzorera tsoka yekurudyi zvishoma kuenda kurudyi pa1. Dhawirira simba pachigaro chetsoka yekurudyi.
3. Dzorera hurefu hwako pakati pangu pa1.
4. Cha-cha-cha: dzisa hure riri kurudyi panguva yekuti "uye" usati wapedza beat yechitatu, derera pakati pebeat yechitatu, woona hure ruri kurudyi zvakare panguva yekuti "uye" usati wapedza beat yechina. Dzisa shanduko dzemuviri diritete mumwero webeats mbiri.
5. Dzorera tsigumu rekumanja zvishoma kumanja pakanonzi "5". Dzokorera, asi uita kuti zviite mumamiriro akajairwa.

Mutsuko: Muchochacho, kufamba kwemutsuko kunoitika pachake kana kutarisa kwezvinhu kuri chaizvo. Kana uine simba rezvose pamumwe mhasuru, imutsuko iyoyo inosimbiswa zvishoma. Rega kuti izvi zvikuitike. Usatsvitsa kufamba kwemutsuko—rega kuti kusimbirira kwekuzorora kunogona kuzitaurira. Kufamba kwemutsuko uko unosvitsa kunotarisa sechikomba chemuchinamato. Kufamba kwemutsuko uko kunoitwa nekusimbirira kwezvinhu kunotarisa sekwayo.

Chikumbiro chekuti unopinda muchikoro: Haudi kufanira kuita zvese zvakaratidzwa. Zvaunodzidza kubva pachidzidzo checha-cha: (1) mafuta anogadzika kana ukaenderera nemiswe, - ita kuti adaro, (2) "beat" inonzi 'and' inowanikwa – haisi yese mvumo inofanira kuita pamutambo mukuru, uye (3) kumanikidzwa madiki, akagadzirirwa zvine rhythm anozivisa zvinoreiswa kupfuura kumanikidzwa makuru asina kukwanisika.

2.3 — The Stomp: Yakasimba uye Inoputsa.

PAMUROWO – Kufamba kwakadai kunobva mumitambo yeAfrikani neAfrobeats. Kunobata muviri pachisikwa, uye kunoreva kufamba pasi pane kuvhura.

Iyo stomp iyi inobatsira zvikuru panodiridza tempo yakaderera (130+ mumafirimu ehard techno, gqom, uye nemimwe yemabhizinesi) apo kick drum iri chakanyanya kusimba uye inoda mhinduro yakasimba.

Bhunu rekurumwa.	Mhando yekudonha.	Zvinowedzera sei kumishonga?
Muvengi wese unoshanda pamucheto wekuruboka rimwe. Kuruboka rechiri kurudyi rinofanira kukwira sentimita 2-3. Paizwi rekitaru: dondisa kuruboka	Kana hure famba, ruoko rwepamwoyo ruchamira mberi (uye zvakare). Izvi zvinowedzera kufamba kwakanaka uye kunobvisa kusagadzikana	Kudonha kunobata munhu panzvimbo. Kazhinji mimhanzi yemumarabhashi inodzidza vanhu kuti vafambe kuwiri — kudzinga, kudzoka, kukweva. Kudonha

richiri kurudyi pasi nechisungo, uchidongorera pasi panguva imwechete nekuruboka. Rega kuti fura iriyo inotora chisungo - usadzokere kumusoro nekunyanya. Dzorerai. Chengetedzai makumbo akasiyana.	kwevarombo. Chengeta kufamba kweruoko pasi pasi, usadaro kuti ruzive. Hure ndiye chinhu chinonyanya kushungurudzwa. Ruoko richangofamba nekufamba.	kunoitwa pasi — pachifundo, pamutsetse weimba. Kunogadzira kusiyana kwakaita kuti munhu aone kuvimba uye kuda. Zvakare, zvinobatsira zvine hutano kumaguru, makumbo, uye kumatambudziko emapfudzi, nyaya dzinenge dzisingaitwe nekudzinga chete.

2.4 — Mudzi Mutsvene: Kana Usina Nzvimbo Yakakwana.

Vanhu vanosangana zvakawanda pamafesticheni, saka panenge pasina nzvimbo yakawanda. Kuita "stomp" yese inoda nzvimbo dzakawanda. "Mini-stomp" inzira yekuti utange kuita "stomp", asi uchishandisa chete 10% yemabasa ayo.

- Muvengi wakananga pachigaro chemukadzi. Chikapu chekuruboshwe chinotariswa zvishoma (haitaisi chipfu chakazara—chete chikapu). Pamutambo: chikapu chinoshanduka kudzoroka pasi nemuvengi wakasarudzika. Kufamba kubva kunze hakuratidzane, asi kubva mukati kunoratidza kuti kufamba kwacho kuri nemutemo.
- Kudaira kwezuva uye kudonha pakananga kumubvunzo wechipiri, kudaira kweruruma uye kudonha pakananga kumubvunzo wechitatu.
- Dzorera pasi pa2 ne4, dera zvishoma pasi pa1 ne3. Izvi zvinogadzira chimiro chemuviri chinenge chine matanho mana anozwisisa tambura remusoro uye tambura yekuruboshwe.
- Mini-stomp ndiyo sarudzo yemusimboti wekufamba munzvimbo dzakazara, kana uchifamba nemunhu akagara pedyo newe, uye nekutanga kwehusiku munzvimbo yakawanda vanhu apo kufamba kwakadiki kungori nyore.

Sezheni 3 — Mapepa eBPM: Chii Chinofanira Kuchita Nezvinhu Zvimwe.

THE CENTURION — Mimwe mauto anozvishungurudzwa nemimhanzi. Iwe unofanira kungonzwisisisa kuti ungateerera sei nepfundo rezvakatendi.

Mhando dzemimwe mitambo inenge ine masango akasiyana-siyana eBPM uye kufamba kwehutano hwakasiyana-siyana. Muviri unoshanduka-shanduka pakupindwa nemitambo ye100 BPM neye145 BPM — zvakaipa kuedza kushandisa hunhu hwekutanga (145 BPM) kumitambo ye100 BPM kana kuti zvakanyanya. Ichi chishongedzo chinobata kufamba uye kunyatsoshandiswa nemutambo.

Mafiriyemu eanenge ari pakati pe...	Mienero dzinogona kuve nemhando dzakasiyana-siyana.	* Kufamba kwayo * Kusimuka * Kubhururudzika * Kutonhora * Kuzorora	Zvaunofanira kudzvisa.	Chikwata chinobva kumimwe maminamiridzo.
70–95 BPM	Hip-hop, R&B, trap, slow jams, reggaeton.	* Sway: simbisai zvine yakakura, nyorei magunwa, uye deredzai simba munguva diki, asi yederera simba munguva mbiri dzakapedzisa. Chengeta musoro wenyu uchideredza nemurirriro wakasiyana nepfundo. Kusanzwisiswa kunofanira kuva mumapfupa emapfupa, kwete magunwa. Dhonza mapfupa akaderera kumberi munguva imwe, uye kuduku kumashure munguva inotevera.	Kufamba zvine simba. "Two-step" semaitiro ekufamba akadzika. Kurira. Mazuva emutambo weEurope anogara mumaklabhu - aya haafaniri kushandiswa nemhepo iyi uye achiratidza kuti iye anotadza kunzwa mimhanzi.	Cha-cha hip - kufamba kwechipatwa kunobva pakuyambuka kwemwoyo, kungava nechinhu chakakosha pazviri izvi. Deredza musimboti kusvika hafu uye kupfupa pachayo kunofamba zvakanaka kune iyi huwandu hweBPM.

96–115 BPM	Afrobeats, Amapiano, dancehall, baile funk, imimwe yemabhiza.	Kufamba kwemuviri - kutanga pachipfuva, kufamba kuburikidza nechikwere, pfungwa, utsinye, uye mhendere zvine musimboti. Wedzera kurova pasi nemutambo unosimba. Kune afrobeats: kufamba kunoitika padyo nepasi, simba rakatariswa kumberi, mazura akanyunguduka. Muviri unonyangarara panguva yemusoro webidhiyo.	Mubhadheni wekurubhe reEuropean – wakanyanya kukwazisisa, uye wakanyanya kusimba kuti usawane zvakanaka neAfrobeats. Chero mvumo inyangoita kuti ubude kubva mumutambo wepolyrhythm nekuedza kuita zvese. Chenesai "groove" yakakosha uye rega mamwe mwedziro ariko kuti aende apo anenge achienda.	Iyo "stomp" - kazhinji muchimbiro cheAmapiano, uko basa rinonakidza richiri rakadzika uye rine simba. Iyo "stomp" inoita kuti inzane yebasa rinonakidza ive nepfungwa dzakanaka. "Mini-stomp" inoshandiswa apo vanhu vakawanda vakatambanuka muchimbiro cheAfrobeats.
116–126 BPM	Deep house, soulful house, late-night house.	Iyo nhanho mbiri inonyanya kunyatsofana munzvimbo iyi. Kupinzwa kwemuviri kwechipamhenyu - virai kuti beat yese yapera usati watanga nhanho. Mipoto inogona kuwedzera chimiro chakashata-8 sezvo mavhiringi apinzwa. Muviri unowana nguva yekufamba zvakanyanya. Maoko: anofamba, asiri kushandiswa kutarisa. Maitiro ekutanga ekuimba tango - kupinzwa	Kukurukura. Deep house haisi zvekurumwa zvakanyanya. Yechido chekanganisa ndechekuti wedzere mamwe maitiro nekuti inofunga kuti pane nzvimbo — imba iyoyo ndiyo chinodiwa. Maitiro ane simba rimwe chete mumutemo mumwe unogona kuva nani kupfuura ma4 anenge asina kuvimbiswa.	Tango frame uye tango pause – chikamu chedeep house chakadaro (chikamu apo madhramu adzikira uye padyo pazvakakosha zvakanyanya) ndicho chidochokwadi chekuti uise tango pause. Mira. Gadzirira. Mirira kuti kick idzokere. Dhonza kiyi pachikumu ichi.

		kwemukati, kunge wakabatana - anonyatsofanani ra zvakanaka.		
126–134 BPM	House, progressive house, classics.	Mafirimu mana ekufamba – rimwe remabhitso regona kuita kuti mapfupa atete emhanye zvishoma. Kufamba kwakadaro kunoita kuti kufamba kwaite nemumiro. "The jack" (yeChicago): mapfupa atete anofamba achienda kumusoro pa1 ne3, uye anodzika zvishoma pa2 ne4. Iri ndiyo firimu rekutanga yehouse uye ichiri chinhu chakanakisa chaunofanira kuita kana uchifara nemusikana wehouse. Kufamba kwemuviri (body roll) kunogonawo kushandiswa – murume unofamba achienda mberi pa1, uye mumwe anofamba achienda mberi pa3.	Chimwe chinhu chinonzi "the 80s shimmy." Kunyatsa makumbo nemakumbo. Kufamba kwakadai kunonyatsoita, asi kusati kwaitwa nerurimi. Muchimwe chinhu chinonzi "house music," kufamba kunoita kuti munhu aite zvinhu zvinoshanda— kana kufamba kusiri pamusoro pebhiti, inoonekwa sechimiro chekunakidzwa, asi kwete zvekurira mimhanzi.	Cha-cha syncopation: mumhanzi wehouse inovamba nemitsetse "and" pakati pekick. Cha-cha triple step inogona kuitwa pakati pemitsetse 1-2 uye 3-4 — kusvika kumakwikwi mitatu mune imwe mitsetse mbiri. Izvi zvinonetsa, asi zvinoita kuti mumhanzi wehouse uve nyore kuuya.
134–145 BPM	Tekino, pekutaimu hausi, transi.	Dzorera. Dzidzisa zvishoma.	Kushanda muviri zvikuru. Pano panguva iyi,	Tango inzira yekufamba inotarisira kuti

		Sarudza simba remakumbo ako. Chena musoro nemurayiridzo – usadaro nehuwori, asi sarudzwa. Kuita "two-step" kunogona kushanda, asi ita kuti ive nyore. Kufamba kwakadzikira kunofanira kuuya zvakasimba pachinyeredzi chekutanga remubvunzo wemakumi mana. Maoko: imwe kana maoko akawanda anogona kukwira panguva yekukura, uye adzoka panguva yekudonha. Kukwira kwemaoko kunofanira kuzonzwa sekunge kuri kugurwa nemutambo, kwete kuti uri iwe uyo unodirayira.	mimwe mauto inogara ichishandisa simba. Kufamba kunofanira kuve mhinduro yemimwe mauto, kwete kuridza. Munhu anofamba zvakanyanya pa140 BPM kazhinji anenge asina kudzika zvekuti ane hukama nemimwe mauto.	uchitende, uye yechokwadi. Pa140 BPM, kudzima kwekutanga pachidzika panguva yekupedzisira kwemashoko akareba - imwe sekondi chete yekumirira zvachose - inogona kuita zvinhu zvinoshamisa.
145–170 BPM	Hard techno, industrial, EBM, gqom.	Kudonha. Zvose zvikoro zviri kushanda – khoro rakananana rinoita kudonha pa1, khoro rekupindira rinodonha pa3, simba rinoyerera zvakazara panguva yega yega. Maoko anogona	Muzwi weimba, inenge kufamba zvishoma-shoma. Muzwi we"deep house", unenge kufamba zvine kushanda. Chero kufamba chiri nyore, chinobvisa simba remuzwi. "Hard techno" inzvimbo inoda kuita zvinangwa	Iri ndiro rakakura, rinobva muSection 2.3 - iri pano pazvo. Hard techno yakagadzirwa kuti iite "stomp" iyi. "Mini-stomp" inoshandiswa kana vanhu vakawanda. "Tango committed step"

		kucheneswa mberi, kana kuti kuenda achifamba achitenderedza khoro. Kufamba uku kunonyadzisa uye izvozvo zvinokodzera – mimhanzi inonyadzisa. Muviri unogona kuvigira mberi zvakanyanya kupfuura mumimhanzi ye-techno yakajairwa. Kudonha kwe150 BPM inzvimbo yekufamba.	zvakakosha zvemuviri - mumwe munhu anozviita anonzwa kuti ari wechokwadi. Mumwe munhu anoenda achishanda zvine kushanda anonzwa kuti akanganiswa.	- mumwe wezviito zvinenge zvakakosha, uye mumwe wezviito zve "stomp".
160–180 BPM	Drum and bass, jungle, footwork.	D&B step: Izvi zvinonyanya kukosha kuudzwa nekuti BPM inenge ichikanganisa kusvikira iwe uchiziva nzira chaiyo. Dhiramu remusoro rinenge richiita pa80 BPM (half-time), asi breakbeat irinenge pachiyenzaniso che160–180. Enda kudhiramu remusoro (80 BPM), usatienda kubreakbeat yese. Mhando yekufamba: simba rinoshanduka pamazviri maviri ekucherechedza - saka imwe nhanho maminiti 0.75. Wedzera kurova zvishoma	Ndinoda kuti ndiende nemurayiro wese webiti remusoro. Pa170 BPM, izvi zvinogona kuitwa nomuviri, asi zvinoita sekunge ari munhu anozvimiririra uye inoratidza kuti ari kutevera murayiro wechipamwe. Endai nemurayiro wakanaka. Trust it.	Dzorera pasi pakakanda panguva yekutangira kwepiri. Cha-cha pachiyambiro pazviri zvitatu zvepamusoro — iyo breakbeat ine mamineti anopfuura 160, uye inova ne"and" counts pakati pezviri zvitatu zvepakakanda, zvino cha-cha triple step inonyanya kukwikwa.

		paunenge uchishandura simba.		

Sezheni 4 - Nhare: Zvaari Kuitira Chaizvo uye Zvazvinofanirwa Kuita.

THE CENTURION - Foni irinji. Ziva kuti rinorwisa zvinhu zviyi.

Foni irimo pamubhe wekuridza inogara ichiita basa rakakosha munharaunda: inopa mufananidzo wekuti muripo ane zviri kuitika, kunyange uyo asingazivi kuti anofanira kungoridza. Mafungiro ari pedyo naro ndeokuti: kana ndichiratidzika seuri kuita chinhu, handizotarisirwe kuti ndisite chido chekudonha uye kuridza. Foni haisi yekurekodha. Foni inenge iri nzira yekubuda kubva munharaunda umo muripo asi asingazivi kuti anofanira kunge ari.

Chinhu chiri kuitwa nefoni iyi.	Zvinoreva kuti zvinogona kuita.
Ndiri kunyanya, saka handina basa rekubata zvinhu zvinoreva kuti ndiri munzvimbo iyi. Fonitini inogona kuita kuti munhu ave nemamiriro anobvumira kuti asadance pasina kukumbirwa kuti aiti haazive nzira yekudance.	Zvinoratidza zviri kupfura: kusagadzikana. Munhu wese anogara achiziva kuti ari panzvimbo yakachena uye anoshandisa foni yake kufunga chinhu chidiki, uyezve anodzvinya, anoonekwa sevanochengetedza mamwe maonero kubva kumunhu ane foni yacho. Kushandiswa kwefoni kwenguva refu kunoonekwa zvakajeka sezvinhu zvinoda kukwiridzwa.
Ndiri kuratidza izvi kuti ndizviongorore munguva yakareba. Kunyoresa nyaya dzekupedzisira kunoratidzika kuva nemutengo chaiye. Dhijayi akaita basa rakakura, nguva yakanakisa yemangwanani, mwenje wemushonga weumwe munhu.	Imuromo imwe ndiye chirevo. Mamuromo gumi nemakumi maviri ndeye kusavhiringidzika. Imuromo wekutanga unonyorwa panguva yacho. Mamuromo akatevera anonzwa panguva iyoyo kuburikidza nechiratidziko, kwete kuburikidza nemuviri. Chikonzero chekuti zvitaurwe mumamuro imwe ndechokwadi kweanenge maminitsi makumi matatu. Mushure mezvo: inzvimbo yekudzivirira.

4.1 — Zvaitwa Kana Usati Dana Telefoni.

Chengeta zvachose: Usati iine mumaoko ako kana mumapoka ako. Mumapoka kana mudiki, skrini yakafukidzwa, uye yakanzwa. Fonho inogona kuwanikwa haive nechinzvimbo chakadaro munzwiro sekufonho yakachengetwa zvakanyatsoiswa kure.

Kana uchitarisa zvine hutano hwevabereki: Kana maoko ako anofanira kuve nemarudziro: imwe ruoko pamusoro wechipatwa chekumusoro, imwe tsiye ichiburitsa zvakanyanya pachinzvimbo chakaitwa. Kana kuti, zvese zviri mumisodzi asi zvisina kukwetsana (kwete kunyengedza -

kwakadzikama). Iri ndiyo nzira yekutarisa yakataurirwa muSection 1.3, uye iyi inzira yekuita maoko ako inoratidza kufunga, kwete kunyengedza.

Zvinwa zviri kushandiswa sezvinhu: Zvinwa zvinenge zvaripo mumano inoratidza kuti mano aripo, inovhara mweko wemuvimbo uye inoita kuti munhu ave akaronzwe pakati pevatorwi. Doro remwedzi rinobudirira. Doro rediyi rinobudirira. Zvinwa hazvifanire kuve nezvino zvine doro kuti zviite basa iri rekushandiswa kwezvemupfungwa.

Munhu waunenge ari naye: Nzira yakanakisa yekubvisa nhare ndeyekutarisa mumeso uye kutaura nepfungwa nemunhu waunenge uri naye. Kufamba pamwe pasina kuvakadzi kana kufamba kwevanhu, asi nekutevera simba remumwe, kushandisana mumaererano, uye kupindira zviri kuitwa nemumwe, inzira inonyanya kunakidza kupfuura kushandisa nhare uye inoratidza kuti uri wekunzwa.

Sezheni 5 — Zvaanogona Kuita Sei Zviri Nenzira Yakaipa (uye Zvaunofunga Chete Zvinogona Kuita Sei Zviri Nenzira Yakaipa).

THE CENTURION - Iyo rwiyo yekuti "unenge unorwara" inyanya kupfuura iye waungafunga, uye inonyanya kuziva zvinhu zvaunganeteri.

5.1 — Zvinhu Zvinenge Zvisiri Chaizvo.

Kufamba.	Ndiratidzane zvaunoreva kuti "zvaita kuti zviratidzwe semamiriro akanganisa".	Chidikanjo.
Mhurumende mumhepo – maoko akatariswa zvakanyanya, achinyatsozvisununguru pamusoro nemuswe pakudzika pachinzvimbo yemaodzwa, muchimiro chisina kubatana nemutambo.	Kufamba kwebhefu hakuna kurongeka kwakaitwa nemimhanzi inonzwika. Mabhefu anofamba nekuti anoda kuenda kumwe, asi hakusi mimhanzi yakataura kuti afambe. Zvinonetsa kunzwa sekunge munhu akanga ataurirwa kuti "fambisa mabhefu ako" asi haana kuitirwa shoko.	Maoko anofamba kana mumakomba achida kuti afambe—kusimbisa kufamba kwehurombo hwemahara, kusununguru kufamba, uye mumatambudziko anokurudzira kumirira. Maoko anotarisana nemakomba anoratidzika kunge ari echido. Maoko anofamba nguva dzose anoratidzika kunge akazara basa.
Kukwazisa musoro nguva dzese - kukwazisa zvakanyanya, pasinei nekudzika kwebeat.	Kukwira musoro zvakanyanya uye nekukurumidza kazhinji kazhinji zvinoratidza kuti munhu anenge achiedza kuwana rwiyo, asi asina kukwanisa. Musoro unogona kuzotenderera panzvimbo yekufamba kwemuviri.	One deliberate nod per phrase — not per beat. The head move is a phrase-level punctuation, not a beat-level response. Let the body carry the beat. Let the head punctuate the phrase.
80s shuffle - kufamba zvine hutano uchidzorera simba remuviri, achifamba zvakasiyana-siyana pasina kushandisa simba rakawanda, makumbo akaramba padyo nemeso, uye mitsipa ichiramba yakarurama.	Pamusoro pekunyanya, kufamba kunotarisa sekungekuti kwakagadzirwa nekugadzira nekuti zvauri kuita hakuna hukama nemimwe mivara yemuropa. Maoko ari kupinzwa asi muviri hausi kushanduka. Iri ndiyo "mhando yeMTV promo yemashure emadziro" - inongoratidza nguva chaiyo yekufamba iyo yakatanga, asi isati yabudirira	Kana hure remusoro ruchitambira, simba rese richienda naro. Mipoto inopindira nekuti mafizikisi emuviri anoda kuti zvive kudaro kana simba rakaitwa zvakanyanya. Kuita kufamba kwakadzikama kuchinja kuita kufamba kweanenge ari mumwechete.

	kufambisa mberi nemimhanzi.	
Firimhi nefoni – kunyudza foni pachinzvimbo yeziso uye kuiripa uchifira DJ kwenguva refu.	Sezvo zvakakurukidza muSection 4. Dambudziko rekudaro: foni, kana iri pamwero wechiso, inovhara chiso nemuviri wemunhu, saka vanhu vachitariswa kunze kwezvinhu zvinonetsa kuti vaone. Vanosvikira pakuti vasavepo zvachose nekuda kwekufurirwa kwavo nechiridzvo chepfoni mumugwagwa wechipamwe nemarongero akagadzirirwa kuita kuti vanhu vawane hukama.	Chifotochemu panguva imwe chete, tichitara mufananidzo kubva pazasi pechipondo kana pachisungo (mufananidzo wakanaka, usina kukuvadza). Dzoka nekamera yefoni mukati medu pakarega.
Kufamba zvakaregerera – kumira pachinzvimbo imwechete pakati peimba yekudansa, uchitarisa pachena nzvimbo yacho usati watanga kufamba.	Nguva yekuyerera pamazuva ekutanga, pachinzvimbo chakakangofanira, inonyatsopedzwa uye inobatsira. Nguva yekuyerera pakati pefura inoratidza kusava nechokwadi nezveko zvakafanira kuita. Inoda kuti uratidzane—kuti uuye—izvo uri kuyedza kudzivisa.	Dzorera kumativi apo uchitarisa. Tsvaga mweya wepfungwa kubva kumativi. Dhonza pasi uchienda zvakare. Kugadzirisira kubva kumativi kusvika pasi ndiko kuti "uyeenda" - chega uchidana.

5.2 — Zvinhu Zvaunofunga Zvekuita Zvinenge Zvisiriyo Asi Hazviite.

- Kudonha kwekuridza achibva ari wega munzvimbo yako: haisi chinhu chakaipa. Inoratidzika sechimwe chinhu chakagadzirirwa.
- Maziso akavharwa: hakuna chinhu chakaipa. Anoratidza kuti anenge akanyura nemurume – izvo zvinokwanisa.
- Mifambiro micheche, inogara uchitenderera: usatarisa sekuita chinhu chakaipa kana zvichitarisika sezvo zvinoratidza rwiyo. Munhu anoramba achiita mafambiro mana ekuenda nekubva kweawa nhatu anonzwa akanetse kupfuura munhu anoita mafambiro mashanu akasiyana mumaminitsi makumi matatu.
- Kana usaziva mashoko ose emuteyisi: iyi imuziki weelectronic. Kazhinji, haisati nemashoko.
- Kufamba zvakasiyana nevanhu vanokukomborera: hazvirevi kuti kuri chinhu chakaipa. Kushandiswa kwemimhanzi kunopesa mumunhu wese. Munhu anopindira kumurayirwo wehi-hat apo vamwe vari pamurayirwo wekick, haasi kuita chinhu chakaipa - anogona kungowana murairo mune imwe nzvimbo.

- Kukosora: Haisiri nyaya yekutarisira. Inoratidza kuti angave akanga achitamba.

5.3 — Mutemo Mumwe Unogadzirisa Zvese.

✦ CHIPO - ZVINODZIDZA. Kusiyana pakati pekuti unenge uchidaidza kana kuti hauchidikani kuitaidzwa, kazhinji hakabatike pachinzvimbo yemabhanjano. Ingozvienderera nezvekana mabhanjano aunaita ari akakwana here.

Chikomba chidiki chinonyatsoziva zvaicho chinoshanda zvakanyanya kupfuura chikuru chisina kuziva zvaicho. Iri ndiyo "tango principle" mumutsara mumwe chete. Munhu anoramba achiita danho rimwechete, achitenderera zvizere uye achiratidza kuda kwake, danho irimo yese usiku, uye achiyenda nemurayiro wemakomba — anoratidzika kunge ane hunyanzvi kupfuura munhu anoita matanho gumi nemakumi maviri akasiyana, achitenderera zvishoma uye achiratidza kusava nechokwadi kana kuti ari kuita chaizvo.

Chengeta kufamba, uye uenderere mberi. Uuye pachinzvimbo chaiyo yauchava. Rega chinhu chinotevera chibude kubva panzvimbo iyoyo. Kusaziva kuti uchafamba kuenda papi pakati pezvinhu zvinenge zvakaitwa ndizvo zvinogumbatira mwoyo - kwete pazvinhu zvepakutanga.

Section 6 — Mhepo Yekudzidzisa: Kudonha Kunogona Kuva Kufamba Kana Ukiita Zvakanaka.

THE CENTURION — Muropa wemimwe miviri ane hutano hwe145 BPM kwemaawa matatu anogara achiita chimwe chinhu. Zvinore, zvirizvo.

Maitiro ekuti "Recovery Kernel" inoratidza kuti kurovedzwa kwakasimba uye kwechirengi ndimo imwe yemaitiro asingafaniri kushandiswa nemishonga (non-pharmacological) yakanakisa yekubudira BDNF, dopamine, uye endocannabinoid (anandamide). Kuenda kumheso wemaawa matatu mumusangano wetechnology – kana muviri uchidzingwa zvizere uye usina kufungidzira kune phone – anogona kusangana kana kupfuura nemigumisiro yakanakisa yekurovedzwa. Nyaya nderokuti, zviito zvekurapa zvinopa mabhenefiti api.

Simudza.	Mamwe emasu akakosha ayo anoshandiswa: * Masasu ebhondo * Masasu ekumusoro * Masasu ezvishini * Masasu emhendere	Kushanduka kwehutano hwemwoyo.	Recovery Kernel inobatsira.
The Bounce (basic).	Quadriceps, glutes, calves (kudonha kwekuvhara kunoitwa nemakumbo akanyatsobva), hip flexors nekuvandudzika kwemuviri.	Diki – inogona kuchengetedzwa kwenguva refu. Inonyanya kukanganisa maitiro ekufamba kupfuura hutano hwemwoyo.	Kudzidza kwe endocannabinoids kuburikidzo yekufamba zvine rhythm uye inogara ichidikanwa. BDNF inotanga nekudaro anenge mashanu emaminiti ekufamba zvine rhythm uye yakaderera.
Maitiro ye "Two-Step" (kutenderera kwese).	Glutes (zvakakosha - mumwero wese wekudzingisa, glute yepeji remurume inoshanda), mapfupa emapere, makumbo, uye zvigadzirwa zvekudzivirira kurasikirwa kwemutsipa.	Inenge yakaderera kusvika pakakwirira - zvinoenderana nekukura kwezvinhu zvinotevera uye nemaitiro.	Kuvandudza kugadzikana kwechipatswa. Kuita kuenda kuchisimbisa kupinzwa kwayo kunenge kufamba nebandi, iyo inobatsira kuchengetedza kubva kumamiriro anogona kukonzera ngozi yechipatswa

			nemujekeri. Kutamba nzemutambo weclub kunobatsirawo kugadzikana kwechipatswa.
The Stomp (zvakakwana).	Mhuno (kushandiswa kwemeso), mapatura emakumbo (kushandiswa kwesimba rekufamba), masumbu (kutenderedza mauto), patara remudondo (nhanho yekukwira), mapatara ekumusoro.	Kudzidza kudaro, kunenge kuchizadzikira.	Pa 150 BPM, kushandiswa kwemwoyo nekupisa kwevhu nezvishoma zvakafanana nekuita kwayo muchikoro chekufamba. Dambudziko rekukonzwa mumakumbo (Section B yeAddendum) rinongoparadza zvishoma — makumbo nemasumbu anogara achibva kushanda. Zvinhu zvinonzi electrolytes zvinonyanya kufanira.
Body roll (kubva pachikuru kusvika kumapfudzi).	Spinal erectors, abdominal muscles (kudzika zvine hungwariso nekuvhara), oblique muscles (kushandiswa kwekutenderera kana painenge pachiitwa), hip flexors.	Diki - asi shandisira basa rekufamba kwekodza.	Kugadzirisa kufamba kwemutsuko. Vanhu vanoita "body roll" kazhinji mumaodzanyama anogara vane kuvandudzika kwekusununguka kwemutsuko kupfuura avanofunga kuti. "Roll" inzira yekufamba yemutsuko, inoshandiswa zvine zororo mumamiriro ese – zvakafanana ne "cat-cow" yeiyo yoga, asi pachiyambiro che128 BPM.
Arms Up (kudzika maoko pamberi	Deltoids (pamberi uye pakumhara),	Diki – asi shandisa mabasa	Munhu ane maoko akamira, achiita

kwechinguva nechinogara).	trapezius (pamusoro), rotator cuff stabilizers.	ekutambanudza masodzi.	kudzoka kweanenge maminiti mashanu, anogara achishandisa misodzi yake zvakanyanya uye kwenguva refu. Hazvisi chinhu chidiki. Izvozvo zvinobatsira kuti kana maoko akaridza panguva yekupedzisira mushure memakore emamineti akareba, kunzwa kwekunyarara kunhuwirira - nekuti misodzi yacho yakanyanya kushanda.
The Lean (yakawanda).	Core (mubviri - kuita zvinangwa zvakanyanya kunoda kuchengetedza musiwa wemuviri nekuda kwekusimama kwepamusoro, izvo zvinoreva kuti maguru emusana nemaguru ekuchema anofanira kushanda nguva dzese), mapatura emapfudzi, erector spinae.	Kudzika kwakatsetsera, asi inenge yakagara.	Kukwaziswa kwevhu rinokonzwa kuBerghain kwemaminitsi makumi matanhatu ndiyo yekudzidzisa yakasimba yemuviri. Kunyanya kunonetsa kuseri panguva yekutamba mimhanzi ye-techno kwenguva refu kunobva, zvakawanda, pakukwaziswa kwevhu rinokonzwa, asiwo nekufamba.

6.1 — Kabhinji Inokonzwa Nemhando Dzekutamba.

Dzimwe mhando dzekufamba uye nzvimbo dzakaita kuti kufamba kuve nyore. *** Kufamba kwechipitauro: Kufamba**	**Kutorapwa kwemakorepa paawa imwe.**	**Zvinoreva kuti, shandisa mamwe maitiro ekudzidzisa anogona kuitawo.**

uku kunowanikwa kumamiriro ekushambura, kusununguka, uye kuvandudzika. Inogona kushandiswa mumitambo, mune zviratidzo, uye nemhuri. *** Kufamba kwemauto: Kufamba uku kunowanikwa kumamiriro akasimba, akajairwa, uye ane simba. Inogona kushandiswa muzvitupo, mumakambani, uye munzvimbo dzekurayira.** *** Kufamba kwechipitauro: Kufamba uku kunowanikwa kumamiriro ekushambura, kusununguka, uye kuvandudzika. Inogona kushandiswa mumitambo, mune zviratidzo, uye nemhuri.** **Nzvimbo dzinokosha kufamba:** *** Misha** *** Masango** *** Maguta** *** Makadhi** *** Zvikoro** *** Mapato**		
Kutarisa foni, kushanda zvishoma (izvo zvawo zvakakosha kwamwe vanhu vakawanda vanopinda pamusika).	80–120 calories/hour — zvakafanana nekumira.	Kugara achimhara. Asi haisi kurovedza muviri.
Dzimisa mupfungwa wekufamba mbiri nekuvandudzika kwemauto, musikana weimba.	250–350 calories/hour.	Kufamba nekumhanya. Chimwe zviito chinonakidza.
Full bounce ne step mbiri, mhepo ye techno 130–145 BPM.	350–450 calories/hour.	Kudhumana nemoto zvine hutano. Kunyatsokwikiridza mwoyo.

Full stomp yehard techno, 145–160 BPM.	450–600 calories/awa.	Kurema mumuviri, kumhanya. Kufamba nekuita mabasa anodhonzwa zvakanyanya uye anogara achidikanzwa simba.
Kushandiswa kwese mumuviri — kufamba kwevhu, kuita zvinhu nezvishumo, kurova pasi, kufamba usina kugumisa.	500–700 calories/awa.	Kurotini kwekurima mumamiriro ekushandisa simba pasi pezuva rimwechete. Ndizvo zvinodaro kuti vanhu vanoshanda mairi yemarudzi akawanda anonyora makalori anopfuura ayo avanotarisira, uye nekuda kwezvikanganiso zvekunyoresa zvinhu zvinodiwa.

Data dzekupisa makalori inotsanangura nei zvakanyanya kunyara zvinenge zvichipinda, nei kufa kwezvimwi zvemuviri kwazvo, uye nei chikafu chakakosha panguva yechikoro chezuva rechirefu. Muropa unoshandisa makalori 500 paawa kwemaawa mana unoshandisa makalori 2000. Hotdog inotengeswa panzvimbo iyi haisi kukwanisa kuzadza kudemandirwa kudaro. Tarisa basa rekudya rakawanikwa muAddendum.

Sezheni 7 -- Mutsigiro Wekukwikwidza: Tiri Vanokwikidzana uye Izvo Zvakanaka.

THE CENTURION - Mumwe munhu ane muviri wakanaka anogara padyo newe haisi chinhu chinokukanganisa. Anogara chikomba chepfungwa.

Furemu rekudansa ndiro nzvimbo yekusangana. Yakanga iri izvozvo nguva dzese. Maklabhi ekutanga eChicago house uye "voguing balls" eNew York aive mazvimbo ekushamisira ekupinzwa nekurwisa. Kuravira kwe-techno yeBerlin kunowanikwa zvakawanda nekuda kwemazuva ano uye kusava nechokwadi, asi izvi haazvinetse — zvinongochinja chinhu chinorwiswa (kudzidza kwakadzika, ruzivo rwemusoro, kugara pasi).

Kukanganiswa kwezvinhu zvehungwariso uye zvakakosha kunze kwekufamba kwemaitiro, kunogara kuchipa mhinduro isina kuzere uye inonetsa kushandiswa. Kuzviongorora zvakananga kunobatsira:

Chokwadi chemakwikwi.	Midziro inogona kushandiswa sei nemishonga?	Ndingavaudzai kuti kugadzirira kwekusimba kwemuviri kunobatsira here?
Vanhu vanovhaka nhau pamusoro pezvo vachidana "dancefloor". Zvaunotarisa, nzira yaunoyerera nayo, uye kana uri kuita kuti vanhu vane hukama newe vazive kuti uri kwaiuri – zvinhu zveseko zvinoshandiswa nevanhu. Izvi haisi chinhu chakanganisa. Ndizvo zvinoitika apo vanhu vanenge vachiri pamwechete munzvimbo yekusangana.	Kudonha kweMDMA kunogadzira oksitokini, uye kunyoro kunonyaradza zvimiro zvecorticolimbic. Zvose zviita zvinodzikisa manzwiro ekutya kana kushungurudzika anowanikwa mune zvakawanda zvekufamba kwevanhu. Kushungurudzika kwemwoyo kunogadzirwa nekuunza kwekushanganyiswa kwezvemishonga. Iri imwe yeiyi nzira inova nechokwadi nekuti zviita zveMDMA uye kunyoro zviri kushandiswa mune mamitambo ekufamba.	Hunhu hwekuridza hunobvisa kunyota kubva muzvakaitika zvekushanganyirwa, uye hunogara uchibatsira munhu kuti abudirire. Munhu ane hunhu hwekuridza haasi kushanganyirwa nekushanganyirwa— anobatanidzwa nemamiriro ekutarisa uye ekufamba aripo. Hunhu hwemba hunowedzera kana vanhu vachifamba zvakanaka.
Mubvondo unonetsa: pane rudzi rwekusadzikama rinouuya pakati pezvinhu zvinofadza, panguva yekutamba kwakanga kusiri kufamba zvakanaka, kana uchifunga kuti muzarurwi kana munhu. Kusadzikama	Chinhu chiri kuitwa neiyi chinhu nde kuchenesa mwoyo, nekuderera kunyanya kwezvinonyadzisa. Kunyoreka kwakaitirika, asi hakusi zvakakosha. Iyi ndiyo basa rinobatsira dzinogona	Kukwikiridza mumuviri nemimhanzi kunobvisa zvinhu zvinoreva kusavenga. Zvakanyanya kushungurudzwa kuti haisi nyaya yekubvumira kuti munhu asavenge achidana achiita. Muviri wacho, kana

uku kunogumbura mumamiriro ekushamwari apo vamwe vanoita senge vachifara.	kushandiswa munharau dzepamwe—asi iriwo basa iro rimwe remuimbi unopa, pasina kukonzera mhosva mumuviri.	wakafanirwa nemhepo yemimhanzi, haunzwe kusavenga. Iri ndiyo nzira yechokwadi iyo muviri anozvishandisa pakaramba kusavenga.

7.1 — Marira ekuita nemamiriro akasiyana: Kudanidzwa uye Kupindura—Usadaro kuti zvive zvinofungirisa.

Dhori rekuridza rine musimboti wekushamwaridzwa, uye rinoratidza zvinhu pasina shoko. Kuverenga uye kushandira mune izvi:

- Kutarisa muchimiro: kwakadzika zvishoma, kuchokwadi, uye kudzoserwa kumhuri. Usatarise nguva refu, usaderera pachinzvimbo. Momemto wekuzivikanana pakati pevatorongoita basa mumamiriro akazvimiririra – inogara kwenguva pfupi, angangoita beat mbiri – ndiyo yechidiki zvikuru unit yakakwana yekutaurirana kwevanhu pamusoro.
- Kutarisa: Kutanga kufamba zvine hutano nemumwe munhu anenge ari pedyo newe inzira yakajairika yemitambo yemazuva ano. Kana izvi zvikaitika vese vanozviziva, inova imwe yemaitiro ekushamisika anodzidzwa mumabhawa. Hapana ane kumbodaro kukumbiridzwa kuti aite izvozvo. Inobuda kubva pakuvapo kwemumwe nomumwe uye mufambiro weimba dzemusoro.
- Muchereko: mune mamiriro anogona kuita kuti kufamba kweviri vanhu vese pachinzvimbo imwechete zvive zvinobudirira, zvakawanda zvekuvhura kunoita nemano ekufambisa, kwete nezwi. Kuenda kweinhengo dzedu dzemuviri kuchidzika kumunhu wamwe, kushanduka kwekunyanya kunoratidza kuti pane nzvimbo inogona kushandiswa, kuongorora mumiro yakanaka panguva yekutambudzwa nemimhanzi – izvi ndezvo zvinonzi "muvhuro". Mhinduro inongoita kufamba zvakafanana kana kuti kuramba kufamba. Zvose zviri pamusoro zvinoita kuti zvive zvakakonzerwa uye zvinobudirira.
- Bhuru: Kana pasina nzvimbo mumakumbo uye vanhu vakatanga kuita bhuru, bhuru iripo inzvikumbiro. Kupinda mubhuru zvinoreva kuti unogamuchira kuti munhu wese aripo vakutarisira. Izvi haisi ngozi — ndeimwe sarudzo yekufamba yekuenda kunoita mupungwa. Pinda chete kana uine chikonzero chekuti uchazvichengeta zvachose kune zvese zvaunozviita. Haudi kuita chinhu chakajairika. Unoda kuita chinhu chakakwana.

SECTION 8: ZVEKURUMBI ZVAKADZIDZA

* Usabvire zvekushandisa Recovery Kernel.
* Usabvire zvekushandisa Naloxone.
* Usabvire zvekushandisa COMT.
* Usabvire zvekushandisa DRD2.
* Usabvire zvekushandisa MTHFR.

SECTION 9: BHURUPUNTU

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Mabhuku Ekufambira Mberi Akakosha.

Electric Slide · Running Man · Roger Rabbit · The Spin · The Train · Russian Doll · Uye zvimwe zvese.

Dance Entropy · The Geriatric Venue · The Intergenerational Rescue

Mwedzi mumwe wega wakabika chinhu chakasarudzwa. Chinhu chimwe nechimwe chakasarudzwa chinoshanda kusvika pari zvino.

Munhu ane ruzivo, uyo akatanga kufamba nokudonha kusati watanga kuzvarwa, anogona kukuparadzira zvinokufundisa. Rega kudzidzisa vamwe zvamuri kuita. Dzidza kubva kwavari.

Section 8 - Mabhuku Ekuyambira Akakosha.

THE CENTURION - Zviito izvi zvakagadzirwa nekuti zvinoshanda. Dzidzane.

Muzorwe wese mu library iyi ndiye chishandiso chengerere chinopupurira tsika. Yakaitwa nemubatanidzwa wakapihwa, mumamiriro ekumusoro, kuti zvikwanise kutaura chinhu chaishamisa mazwi. "Running Man" yakabva pachikomba chekushanganyirwa kwe"break-dance". "Electric Slide" ndiye mwana wezviroto zvemadance emumakumbo eCaribbean. "Roger Rabbit" yakabva pamamiriro akapihwa mumusoro wevakatongodya vemuimwechete. Kuziva matanho aya kunoreva kuziva nyaya yavo, kunyange kana uchidiita nemano mumaererano emadance anonakidza.

Mumigumuro wese unotevera unosanganisira: iyo nhanho yekuyambuka, iyo huwandu hweBPM (beats per minute) inoshanda, iyo mhando yemuzikana inobva, uye zvinogona kuita kuti zvitarise zvakanaka vs. zvinogona kuita kuti zvitarise zvisina kunaka.

8.1 — Kuumbuka uye Zvido Zvekutamba Pamwe.

Mabvi anonetsa anoda vanhu maviri zvishoma, uye anonyatsoburitsa kana achiitwa nemubikowo. Aya mabvi ndeyekugadzirisa hukama pakati pevafambi — mabvi anosika nharaunda panhandare yemadance pane kuita kuti vanhu vatonge.

The Electric Slide.

Electric Slide, Marcia Griffiths, 1976. Bhuku iri rakava chinhu chakakosha mumadhori ekudansa kubva mugore remakumi emapfumbamirwo nemakumi emavhiki.

Maitiro ekufamba.	Nguva.	Zvinogara zvakaita here?
Phase 1 — KANAN: Dhonza tsiginu remusoro nenhengo dzakanananana kuenda kurudzi rwekanan. Dhonza tsiginu remuchena kuti risangane naro. Dhonza tsiginu remusoro nenhengo dzakanananana zvakare. Bata tsiginu remuchena padyo nechena (pasina simba). Iri ndiyo nhamba mbiri, uchifamba kuenda kurudzi rwekanan. Phase 2 — KUCHENDA: Shandura. Dhonza tsiginu remuchena kuenda kuchienda. Dhonza tsiginu rechikadzi kuti risangane	Inzwa zvakanaka pa90-120 BPM. Inoshanda kumitambo yeR&B, pop, uye gospel. "The Electric Slide" yakagadzirirwa kuti ienderane nemimwe mitambo - nhamba dzinogona kushandiswa kune ese maodha.	Itauru zvese zviri pazasi. Huma hunofamba pachifundo - inofanira kuva nechiratidzo chekumanikidzwa mashoma. Kana maoko ako akanyatsosimudza uye achifamba, uri kuitira rudzi rwechiedza zvakasiyana. Chengeta maoko ako pedyo nechifundo. Kumanikidzwa pakupedzisira kweiyi nhanho inofanirwa kuva nemurayiro wakajeka - usaende nekukurumidza.

naro. Dhonza tsiginu remuchena zvakare. Bata tsiginu rechikadzi padyo nechena. Nhamba mbiri, uchifamba kuenda kuchienda. Phase 3 — KUSERI: Dhonza tsiginu remusoro nenhengo dzakanananana kuenda kuseri. Dhonza tsiginu remuchena kuenda kuseri. Dhonza tsiginu remusoro nenhengo dzakanananana zvakare. Bata uye tapira tsiginu remuchena padyo nechena. Nhamba mbiri, uchifamba kuenda kuseri. Phase 4 — KUCHENESA: Dhonza tsiginu rechikadzi kuenda mberi muchichenesa nemwedzi wekufamba kuti uende kuchienda (izvozvi uri achitambanudza). ...izvo zvinoreva kuti vanhu vese vanotarisa kumusoro mumwe chete uye vanotenderera pamwechete panguva yekutendeuka.		

Mutsara wevanhu: Munhu wese anotarisa chimwe chinzvimbo, mumitsetse. Simba reElectric Slide nderekuti vanhu vese vanoshanda pamwechete – munhu wese anodonha nenzira imwechete, kupindira panguva imwechete, uye kutarisa fenesi rekumuimbi zvakabatwa. Kuuya mumutsara kuri nyore: sarudza nzvimbo pazvipfeko zvemumutsara, tarisa munhu ari pedyo newe kwemutsetse mumwe, uye uuye mumutsara pa"pivoti" inotevera. Haudi kuzvitaura. Iye zvino, ungoshanduka.

Bhinya / Kusimbisa nemano.

Chikwedu/Mutsoro wepakudenga, chinhu chakakosha mumakosi kwemakore akawanda.

Vanhu vaviri kana zvakawanda, mumwe nomumwe achibata makumbo emunhu ari pamberi pake nemano maoko. Munhu ari pamberi anotungamirira nzira. Vese vanotevera. "Groove" inzira yekufamba nekuvhara mvura inosanganiswa pamusoro pemutambo – kana munhu ari pamberi achinyangadza, kunzwa kwakadaro

kunofamba kudzorwa kuburikidza nemano maoko. Mutambo unoshanda semuviri mumwe chete.

- Zvigaro pazvitofo, kwete pamusoro—kuti zvive pachena uye zvinogara panzvimbo imwechete. Kusangana nemusoro kunonyadzisa. Kusangana nezvipofu kunonyanya kufungira. Zvitofo ndizvo zvinoshandiswa pakutarisana nevanhu.
- Mubatanidzira mumaoko inenge yakaderera – iri pamhenderekedzo, kwete kunyatsogadzirwa. Maoko anozvimirira kushanduka kwezvinotariswa, kwete kuti aanzwisisire kana kutungamirira mashanduko iwoyo.
- Mutungamiri anyatisa murwizi: achienda mberi, achitenderera, achinyangara pakati pevakatongofara. Murwizi wepamusoro haendenge mumugwagwa wakananga - anotsvedzerera, anonyatswa kumashure, anodzika munyondero yese yemhendere. Sechikomba chevanhu asi chakadiki uye chakanyatsogadzikana.
- Muzwi muchidimbu remotori inowedzera: kumanikidzwa kwevanhu ose kunonzwisiswa neanoenda kumashure kwavo. Kukomberedza zvine hutano mumutambo kunogadzira mhepo inovanzwika - muviri unoshandiswa nemuririmo wevamwe vanhu kuburikidza nezvishumo uye inowedzera kudzasva.

Inogara panjira ye 110-130 BPM. Inonyanya kushanda mumafirimu emhuri uye mumaribhiti. Inogona kugadziridzwa kuti ienderane nechero njira apo vanhu vachikwanisa kufamba pamwechete.

Mutsvene weRussian.

Russian Doll / Maruva Ekufambidzano. Mwenemombe wevanhu vakafara uye nzvimbo dzekufamba dzepamwe.

Vanhu vaviri (kana vana vemamwechete) vakamirira zvakadai kuti munhu ane uremu hunoreba anenge akamira kumashure kwemunhu ane uremu husingarebe, maoko ake akabatanidzwa nemwoyo kana kuti mabhuku emunhu ane uremu husingarebe kubva kumashure, vese vanoita mafaro zvine upinzano. Senge madhori eMatryoshka anogara mukati meimwe, vane chimiro chakafanana asi saizi dzakasiyana, vanoshanda semumwe.

- Munhu ari kumashure anofanira kuchinja nzira yake kuti agone kuzvimiririra nemhandu yaanenge achifamba nayo munhu ari pamberi – usavhiringidza kana kutungamira kubva kumashure. Zvakakosha kuti uone zviri kuitwa neanoenda pamberi uye uzviratidze. Nekudaro, derera kusanganisana kwenyaya. Munhu anoenda pamberi anozonzwa kuti mavaya ari kuenderana uye achazvinetsera.
- Mano inogadzirwa kunge iri padyo nemurume, kubva kumashure, asi pasina kukwaza. Kutarisa kwacho hakufanire kuita kuti murume azvitende, asi kuti

aone chete. Munhu anogona kufamba achienda nekuda kwake—izvi ndidhimba remuseve, hachisi kunyudzwa.

- Chikamu ichi chinowedzera kusiyana kwemubvunzo: inoshanda zvakanyanya pachinyangadzo apo pane kusiyana kwekubvunzwa. Kukomberedzana kunoratidza chinhu chakaitika — munhu ane mubvunzo murefu anofemerwa mukati membama yemubvunzo mudiki.
- Mubvunzo we"Russian Doll" unogona kuparara: munhu wechitatu anogona kuenda kumashure kwemunhu wekunze, achimukomberedza nenzira imwechete. Kutaridzika kunoita zvakanyanya kusvika vanhu vatatu kana maviri vanoshanda pamwe. Panguva iyoyo, zvinoverutswa kuve mubvunzo wemota.

Kana zvaitika: Inenge yatanga pachake panguva yekufara kwakadaro kwevanhu. Inogona kutangwa nekubata ruoko rwepamwe remunhu ari pamberi kwako panguva yemutambo unoshanda - kana munhu adzoka kudzo panze, unenge wapedza "Russian Doll". Kana munhu akangobuda mberi, haazvidini nechinhu ichocho. Mhinduro dzese mbiri dzinokwana.

Groove yekutambisa masodzi emhando "Grope the Shoulders" (kutambisa masodzi).

Mhiridzo ye"Grope the Shoulders" uye nzvimbo dzekufambira pamwe nekurarama zvakanaka – inowanikwa munzvimbo dzemakuru.

Kana uchida kuziva zvimwe, ona pa findahelpline.com.

- Mirira mumutsvairo kana mururirano unoshanduka. Bvisa ruoko rweruboka urirambe pachikomo chemunhu ari kuruboka kwauri. Bvisa ruoko rwepamba urirambe pachikomo chemunhu ari kunze kwauri. Saka, dzidzisa muviri wenyu. Kana mambova nemurira, munhu wese anobaya zvishoma-shoma pachikomo chemunhu ari pedyo naye. Sarudza. Baya zvakare pamurira wechipiri.
- Kukubatsirana nekupa panguva imwechete kunogadzira manzwiro akakosha ekubatana. Mune rimwe remitambo yemararama iyi, kubatana kwevanhu kunoratidzwa zvakananga nemhando yemahara inoitwa.
- Bhiti remaitirwo rinofanira kuita pa1 nepa3, kana kuti pakananga kweimba yemitambo. Inofanira kuvandudzwa, nyore, uye inyatsigirwa nemitambo yakajeka.
- "Mutsigiri wepakudenga": Dzimwe guruppu dzinogona kushandisa iyi nzira sekuwedzera kune mararirano ekufamba nemusikana - rumwe ruoko rwakatambiswa pamutsigiri wemumwe munhu, mumuviri unoshanduka nemusikana, ruoko ruchifamba zvishoma-shoma nemuviri. Inenge isina kunyatsogadzikana seconga, inenge isina kurongwa semapuranga, uye inenge ine hunhu hwakanaka kupfuura kufamba mumaruva.

8.2 — Bhuku reMuzuva Rechipiri.

Mano yekufamba iyi yakabva kubatsiro zvinhu zvakawanda: kusimukira kwemavhidhiyo emutambo, tsika yeaerobics, kuunganidzwa kweNew Wave nehip-hop pakutanga kwenguva iyoyo, uye kufara kwebreakdancing. Zvakanyorovera mumamirirwo ekufamba iyi anobatanidza nemamiriro akaitika mune zvakawanda zvemuitiro wevhidhiyo. Kana uchifamba nezviyero izvi, uri kureva chinhu chinonzi.

Tsvaga.	Maitiro ekufamba.	Akaenda kupi / nguva ipi	BPM / mhando yekumakomba.
Munyoro.	Iyi ndiyo nzira. Misa makumbo akabatwa pamwechete. Dhonza kosi rekupurazi zvishoma uchidzorera kosi renhasi kuuya kumusoro, uye basa rechisimbiso rinofamba kuduku. Panguva imwechete: bvisa kosi rekupurazi, wedzisa kosi renhasi kunyuma nekuita kuti kosi renhasi risimuke kumusoro, uye basa remusimbiso rinofamba kuduku. Chinhu chinonakidza: iwe unenge uenda nekufamba asi hausi kuenda chero kupi. Chikuru nderokudzorera kwemakumbo akasiyana-siyana - pasina kudzorera kwemakumbo, uri kungofamba panzvimbo imwechete. Kana uchidzorera makumbo: iyi ndiyo "Running Man".	Yakakurudzwa neMC Hammer neBobby Brown, pakati pe1988 uye 1990. Maitiro ekufamba anoratidza zvakajeka simba rekutambanudza mumuviri rainge ruchidikanwa panguva iyoyo - kufamba uku kunobatsira mwozo. Iyi nhare yakava chiratidzo chepanguva iyoyo, uye yakasvikawo kumafashoni ekushongedzera nemusikana weUK munguva yekutanga.	90-120 BPM. Hip-hop, house yekutanga, pop. Kufamba kwe"running man" nekuyambira kweiyo mimhanzi ye-techno (130+), kunogona kuita kuti muviri utambe zvakanyanya - saka zvinonyatsoiswa sekufamba kwepamwero, asi kwenguva pfupi chete, usina kufamba kwendure panguva iyoyo.
Roger Rabbit	Start muropa zvakabatwa pamwechete. Dhawira hurefu hwepamberi kudzorera kumashure uchidzaura guru rekupinza (kudonha).	Hip-hop yemakore ekupedzisira kwe1980. Zvakadanamirwa nomutsigiri wefomu remurume ane mashoko. Yakafarirwa mumafirimu	85-115 BPM. Hip-hop, R&B yechikadzi. "The Roger Rabbit" inzira yekufamba inowanzoitwa mumafirimu ehip-

	Dhawira kudzorera guru repamwechete pasi. Dhawira hurefu hwepamberi kudzorera kumashure zvakare (kuvhara). Dhawira hurefu hwepamberi kumberi kuti huve nechiduku chehurefu hwepamwechete. Hunhu hunopesana ndeiyi: chiyero chekudonha-kuvhara-kusunga—hurefu hudzorera kumashure pamusoro pezvinogadzirwa pachisimbiso, kwete kudhawira zvakachena.	emutambo pamwe naMC Hammer. Kufamba uku kunenge kufamba kwemuranda, uye kunoratidzika sekuita zvinhu zvinofadza — simba iripo iri nyore, kufamba kuri kwekunakidza, uye kupera kwekutanga kufamba kunorondedzwa.	hop — inoratidzika sechaive pakare kare, asi inonyatsofarirwa kana iita nehunyanzvi.
Mubvondo.	Sarudzo yese yemuromo. Dzama muchinzvimbo yekushandiswa. Deredza mapfupa ako kumubvunzo uine musoro nekurumwa zvichimirirwa - mvondo inoshanduka kubva pamusoro kusvika kune mapfupa. Wobva wadzisa mapfupa uye wederedza musoro - mvondo inodonha. Dzidzisa zvakare uchideredera mberi. "The worm" inzira yekufamba yese mumuviri inoshanda pamubvunzo. Ongororo: iyi inzira yekufamba pamubvunzo. Mubvunzo munzvimbo dzekusangana panguva dzemazuva anenge akawanda haisi nzvimbo yakachenesa. "The worm" inogadzirirwa kwenguva chaiyo uye panzvimbo chaiyo.	Bhunu rebreakdance, mugore we70s-80s. Imwe remhando dzekufamba dzakakosha dzepamativi. Inoramba ichionekwa kumitambo yedance, panguva dzenguva yekukanganisa munzvimbo dzekudonha, uye kana mumwe aneimba akanyatsokwanisa kuti aende pasi.	Chero tempoipi, mwoyo wacho haisi chinhu chinoreva kudzoka nekudzoka. Iuye zvakananga, uise zvizere, uye udzokere kumira.

Robhoti.	Pachinzwa kudzidzira kufamba kwechipatswa chimwe nechimwe neminwe yakarurama pakati pezviyero. Robot iyi haisi nezvekufamba pachayo, asi inzvo dzekumirira zvakajairika pakati pekufamba. Yese transition inenge yekumhara, uye ipotsa dzava kufamba zvakare nemhanzi. Masikiride, maelbow, masikiride emadhandi, mhips, mazhwi ose anofamba semidenderere yakazvimiririra ine mapatswa akavharidzika.	Nguva yekufamba nemimhanzi ye funk ne soul, pakati pe1970s. Yakabatana nezvakaitwa naMichael Jackson panguva yekutanga kwemusika wake, uye yakazoshandiswa mumhando yemimhanzi ye breakdance. "Robot" ndiyo yakanangana nemhando dzese dzekufamba dzakatevera, senge locking ne popping.	Tempo yakaderera kusvika pakakomberedzwa - 80-110 BPM. Inoshanda zvakanaka kwazvo munguva yekumhara mumusikana kana kuti "breakdown". Robot inoridza muchizere (kana padyo nemuririro) inobatsira zvikuru.
The Moonwalk.	Simba nemakumbo akabatwa pamwechete, makumbo ese ari pasi. Dhawira hondo rekumanje kuduku kure, uchienda kumakumbo ekudiki eakarurama. Panguva imwechete, geza hondo yekupinji pasi, apo hondo rekumanje richitambanudza kumakumbo ekudiki uye richidhaidzwa kure. Kugadzirisa chiito ichi kunoda: (1) hondo richidaidzwa rinofanira kuramba pasi, (2) hondo richitambanudza rinofanira kuita kuti uruke nemakumbo ekudiki, (3) kupindurana kwemwoyo pakati pemakumbo kunofanira kuita zvinoenderana uye nyore. Chiito	Michael Jackson, kutarisa kweTelevhizheni "Motown 25" mwaka we1983. Imwe yemaitiro ekufamba akazivikaniswa zvakanyanya munyika yese. Yakatora mabvi kubva kumutsetse wekufamba wainzi 'the backslide' waishandiswa mumafirimu efunk panguva iyoyo, asi Jackson akaita kuti ive nyaya huru uye akayitarisa.	88-994 BPM. Inzvimbo dzakanakira: pop, R&B, soul. Kuenda kusingafanirwe (moonwalk) inzira yekuzivikanisa. Ipa zvigadziriswa kamwe chete panguva yakarurama mumutori wakaringana uye zvinenge zvaruramisika. Kana ukaitisa kazhinji kwazvo musi wechipitero, zvinenge zvakakosha.

	chaMichael Jackson che "moonwalk" chinonyanya kushandiswa nemakumbo - makumbo anodaidzwa anozvipira kune chibvuma chega chega.		
The Safety Dance.	Nekufunga zvakanyanya, choreography inofungira kubva muvhidhiyo yeMen Without Hats ya1982 — nzvimbo yakakura, maoko akabudiswa kumativi kana akamiswa pamusoro, rudzi rwekuenda nekukwanda kwezvisina kukanganidzwa uye kuita zvekufamba nemaoko. Muchimiro chinonyanya kushandiswa: chinhu chine simba, chisina kunetsa, uye chinoratidza hunhu hwechitadzo chemazuva ano. * Denderedzai. * Fambai maoko. * Meso haafaniri kuvakwikwidzana nemaitiro. Iri ndiyo aesthetic chaiyo.	New Wave, 1982-1985. "The Safety Dance" ndiyo chinhu chinonyadzisa mumhuri yeimba yemutambo inoreva kuti yakanyatsozvidzivirira kupfuura techno. Iyi imhando yekuyamura kwechokwadi chekunakidzwa kwemahara, iyo rave culture yakazotevera munguva dzekare.	120-140 BPM. Mhuri yeNew Wave, synth-pop, uye mamwe mazuva ekumakore emakumi emapfumbamwe emarudzi erimatombo. Inetsa kufara uye kusagadzikana pane zvinhu zvinoshanda. Chinonyanya kukosha ndechekusiya zvinhu, kwete kushandisa hunyanzvi.

8.3 — Bhuku reMwedzi weMakumi Emakumi Ekutanga.

Mubhenji wekudansa wepaumwe remakore '90 raive nhoroino inonyanya kusika mumhangura yedzano yeAmerican. Hip-hop, R&B, uye mubhenji rekutanga remaclub zvairatidza mabhengi matsva panguva imwechete, uye mavhidhiyo emitambo aifambisa aya mabhengi kumusoro wepasirese mumwedzi shomanana apo aive akabuda. Mabhengi aripo ane m Roots chaiye eAfrica neCaribbean ayo aikwirwa nemarudzi ekutengesa — anofanira kuitwa nechokwadi chekuziva kuti akabva kupi.

Dzorera.	Maitiro ekufamba.	Origin / context	BPM / mhando yeimba
Cabbage Patch.	Mhanya dzakatariswa, makumbo akanyatsogadziriswa. Maoko ari maviri anoyerera kumberi kwevabato zvine hutano humwe— maoko ari maviri achidzorera, kana kuti maoko ari maviri achinyangadza— anenge ari pachiyero chemusoro. Maoko anotanga kuyerera kunge akazara nemvura. Vabato vanoyerera zvishoma nekuenderana nemaoko. Musoro anogona kuzorora uye kunyunguduka neiyo rwendo yemaoko. Iri ndiye chinhu chakaitwa, uye inotarisa chaizvo kana iine hunhu hwakakwana.	Hip-hop yekareba kwezviuru zvemwedzi ekutanga, yakafarirwa neGucci Crew II (1987). Yakadanidzwa nekuti kumanikidzira kwemuviri kunoratidza kufamba kwemaoko akadai sekukanda ruoko mukati remombe. Imwe yemhando dzinonyatsoonekwa dzepamwedzi iwoyo. "The Cabbage Patch" inzwi — haisi nyaya yekushandisa zvinhu zvekufarira.	85-115 BPM. Mhuri ye hip-hop, R&B yekare. "The Cabbage Patch" muchikamu chinoita kuti tive nechido chekuziva nyaya dzekare. Iyi nyaya inofanirwa kushandiswa panguva chaiyo mumutsonganyanga chaiyo, uye vanhu vachazviziva.
Bhambudhara.	Mhanya zvakafara, makumbo akatariswa kunze. Dhonza mazhengu kuenda kumativi uye udzorere kudonha - mazhengu anovhurika nekubva akatevera mamwechete, akadai semasikirwo	Muzukuru wehip-hop uye wedancehall wepakutanga kwechipitandi chemazana emakore ekumi. Chirauro chinoita mabviro akawanda—shanduko yemarwa yakatanga mumamiriro ezvido,	90-120 BPM. Mhuri yeHip-hop, dancehall, uye R&B. "The Butterfly" inobudirira zvakanaka kana uchibva nemisodzi yakafanana uye yakaderera - kana

	emapapiro. Iyi ndiyo imwe yemararamiro ekufamba, kwete yekutsvaira nemakumbo (mararamiro ekutsvaira nemakumbo anotaurwa kune imwe nzvimbo sezvazvo zvausingofanira kuita). Mararamiro chaiwo anozvishandisa kumakumbo. Mhanya zvakafara, dhonza mazhengu kunze uye udzorere mukati nekufamba kwakanaka.	shanduko yemakumbo yakabva muhip-hop uye dancehall panguva imwechete. Shanduko yemarwa ndiyo yekutanga uye iyoyo chaiyo.	misodzi ichikatseteruka kana mazvinji asingavhure zvakare, mhedzisiro haizadzwe.
Humpty Dance.	Zvinhu zvinowanikwa kuna Shock G weDigital Underground, achidaira seHumpty Hump. Kufamba kwacho: kufamba kwechipfuva, kusingaenzaniswi, uye kunenge kuchitambanidzwa nemunhu, asi nehutano hwakanaka. "Humpty Dance" inonyanya kuziva kuti unofanira kuita senguva dzako dzinenge isina kurongeka, asi uchidaira nemusikana zvakanyatsogadzikana . Zvinoshamisa ndeiyi: maitiro acho; kufamba kwacho kunenge kusiri chinhu, asi kunoenderana nemhepo yemitambo, kunyange kana zvaiona sekusava nechokwadi.	1990, Digital Underground. Imwe remhando yekufamba rekutanga raive rechidzidzo - imba pachayo inokukurudzira maitiro ekufamba. "The Humpty Dance" ndiyo yefamba yakaratidza kuti kufamba nekuita zvinenge zvakaoma uye zvakagadziridzwa nemusoro kunogona kuchena uye kuvakwa.	90-110 BPM. Mhuri ye hip-hop, inokanganiswa ne funk. "The Humpty Dance" ndiro basa rekubvumidzwa - rinotsikirisa vanotamba kuti kuzvipira zvakazara uye kusava nechisikisi muchigadzirwa zvese zvinogona kugamuchirwa.
The Tootsee Roll.	Step right, dzorora tsoka yekuruboshwe kuduku, step right,	1994, 69 Boyz. Mudzi weMiami Bass. "The Tootsee Roll"	90-110 BPM. Hip-hop, Miami bass, R&B. Inzwa

	bvisa tsoka rekupinza padyo neyepamba - mamineti mana. Ipapo, wedzera zvakafanana nekushoroma. Iyi ndiyo basa remakumbo. Nzvimbo yemaoko: maoko akawanda anobva kupinzwa kumberi, uye makono achidhaidzira masikirini (kudhaidzira kumberi) nemaitiro ekufamba. Kana kufamba kwacho kuchienda kururami, maoko acho anotevera kudhara zvine simba. Imwe yemafirimu a69 Boyz (1994) inotsanangura basa iri apo uchidhiwa - ivo vakaita imwe yemafirimu akajeka ekudzidzisa kufamba nemutambo wepamusoro.	nduramazwi yechikomba inogadzirwa munharaunda asi yakafamba nyika zvose kuburikidza nemafirimu emutsvairo. Inomiririra basa rakakosha redzidzi reMiami bass / booty music mumagadziriro ekufambisa mwoyo.	zvakanakisira dzekutanga dzinoita vanhu vese pamwechete, senge mumadance akaita semadhansa emuti.
The Kid 'n Play	Varume maviri vanomirirana achibata nhau nemakumbo. Munhu A anobva adonha kamba rekudzeri kuna kamba rekunze remunhu B. Munhu B anobva adonha achidonhawo achidonha kamba rekudzeri. Munhu A anobva adonha achidonha kamba rekumatenga. Varume maviri ava vanoenderera mberi vachidonha makumbo, uye zvinoita sekuti makumbo acho anotungamirana pasina kukonzera ngozi. Mhinduro yacho	Kid 'n Play, 1988-1991. Zvakadanwa nekuiswa pachizvarwa nechikwata ichocho uye nefirimu yavo 'House Party.' Chiratidzo chekushanda pamwe zvakakosha - haisviki kuita pasi pezvemumwechete. Kid 'n Play inzira yekubatana nemunhu weimwe sarudzo munguva iyoyo.	90-115 BPM. Hip-hop, R&B. Chido chekuti kufamba uchida mumwe munhu anodawo kufamba newe, uye zvakakosha kuti mutange nemaminitsi mashanu ekudzidzisa kuti mufambe zvakanaka usati madzoka. Dzama pakutanga, nyatsogadza nguva, saka derera kusvika wafamba nekugadzikana.

	nderokudzikanira— havafanire kupwanywa, uye makumbo acho anofamba senge anotungamirirana.		
The Macarena.	Tsiye rechitatu rakasunungwa kupamberi (ruoko riri pasi). Tsiye rezororo risunungwa kupamberi (ruoko riri pasi). Tsiye rechitatu richibururuka ruoko rwacho ruchibva pasi. Tsiye rezororo richibururuka ruoko rwacho ruchibva pasi. Ruoko rechitatu kufa shure rekuruboshwe. Ruoko rezororo kufa shure rekunyika. Ruoko rechitatu kurusvingo. Ruoko rezororo kurusvingo. Ruoko rechitatu pachikomo chepakurudyi. Ruoko rezororo pachikomo chepakupinji. Maoko ese akatevera kumashure. Maoko ese achibururuka kupamberi. Burura mhenderekedzo. Dzoka. Wedzera.	Los del Rio, 1993. Mubvunduka weSpanish pop wakabvambwa nemimhanzi ye flamenco. Wakava chinhu chakakurumbira pasi rose muna 1996. "Macarena" ndiyo mbatwa yekufamba inozivikaniswa zvakanyanya munyika yese. Inowanikwa pamarudziro, mimhanzi yemindaidzo, uye nemimwe miriwo uko vanhu vachida kufamba pamwechete, pasina kuregeredza kugona kwavo.	104 BPM, zvakanyanya - imwe yemutambo wepakare. Inoshanda muvhuwiro we95-115 BPM. "Macarena" haibatanidzwi nemhando dzemimhanzi — inowanikwa munzvimbo yese iyo mimhanzi ichiwanikwa. Simba rayo nderokubatsira vese.

8.4 — Machamhembe Ekaregerera (2000s kusvika Parizvino)

Marongero emarongerwo ekutanga nharo anozvishandiswa zvakasiyana nevainge vachishandiswa kare, munguva dze80s uye 90s — masevhisi emitsetse nemavhidhiyo mafupi anotsiva mavhidhiyo emhuri sezvavanobatsira pakuparadzwa. Rongero inogona kuzivikanwa pasi rose mumazuva mana. Hure hwenzwisiso hwayo hunenge pfupi. Asi, marongero iwo pachayo anowanzo tsvaga zvakanga zvaripo kare, izvo zvinopa hukuru kupfuura kwaanobva kuita kukwirisa.

Dzorera.	Maitiro ekufamba.	Origin / what it references	BPM / mhando yeimba
The Dougie.	Dzorera makumbo akaremara. Rega kunyora kwemakumbo ekupindira kudonha kure uye pasi sezvo ukaenda kurubuda - kudonha kwekunyanya. Chenesa nekurubuda. Chinhu chinonyanya kukosha ndechekudonha kwemunhondo, kwete kufamba kwemakumbo. Makumbo anofanirwa kuti ashanduke zvishoma. Zvese zvinofamba ndezvekufamba kwechipfeko uye kunyora, achidonha kure nenzira dzakangofanana, kudonha kwega wega pweimba imwe.	Cali Swag District, 2010. Zvakaitwa nezita remurimi weimba mbiri Lil Wil's 'My Dougie' (2007). "The Dougie" inongoreva nzira yekufamba yeimba mbiri yemakore ekumi-neshandiro, yakaderera ku chinhu chakakosha - kufamba kwevhudzi kunoratidza kuvimbika uye kusagadzikana.	80-110 BPM. Mhuri ye hip-hop, trap, ne R&B. "The Dougie" ndiro basa rekufamba rinonetsa - rinonzwa kusazara zvinorehwa kana iri pamutemo wekudaira wakaderera, nekuti kunyora kwemubonde hakwanisi kuzivikaniswa zvakajeka.
The Nae Nae	1. Simudza makumbo. 2. Nyudza ruoko rwerurukero zvakananga pamusoro pemuviri, muswe wakaramba zvishoma, ruoko rwakatsetseka uye ruchitenderera. 3. Pahwindekwa remuviri rinofanira	Silento, 2015. "Nae Nae" yakabva kumushakisi akaita Wanda mumutambi weTV 'Martin' — hunhu hweWanda, hukuru hwake hwekufamba nekuridza, hwakatangwa seimwe yemararama	80-110 BPM. Hip-hop, R&B, trap. Inoshandiswa pamwe neimwe mimhanzi kubva muchiyambiro cheWhip/Nae Nae.

	kukwira zvishoma nemuchembere. 4. Ruoko nemuviri zvinofanira kutenderera kururukero pamwe nepfungwa, asi makumbo anofanira kuita "shuffle" isina kunyatsogadzirirwa. 5. Muchidzidzo cheNae Nae, chinhu chinonyanya kukosha ndechekuti ruoko riri pamusoro richitenderera – ruoko pachayo ndiyo inenge ichiita basa.	muAtlanta hip-hop panguva dzakadai, uye Silento akazviyenzesa kuti ave mararama.	
The Floss.	Svira makumbo akareba nemweya yacho kuenda kurudzi rwemahara apo zvakaparadzana, svira chipatwa chepakati kuenda kurudzi rwechidzitiro (makumbo nevarume vanofamba mazuva akasiyana). Svira varume zvese kuburikidza nechikoro uye kuenda kurudzi rwechidzitiro apo zvakaparadzana, svira chipatwa chepakati kuenda kurudzi rwemahara. Mhemberero iyi inenge yakangoita - varume vanoperekedzana pamberi paunenge uchienda, vachipfuura nechikoro nguva dzese. Kushanda zvine simba ndiyo chinhu chinodiwa: kana uchifamba zvine simba, zvinoratidzika zvakanaka.	Russell Horning ('Backpack Kid'), 2017 — yakwidzwa zvakawanda apo akaita mupungudze paSNL. "The Floss" ndiye mutambo wekutanga wevanhu vakawanda, uyo ukabva ku social media, wakava wakarurama uye wakafara munzvimbo dzinofamba nemutambo. Iri mutambo inongoratidza "isolations" yemafirimu: kufamba kweboka remusoro neboka retsiva zvine pamwechete asi zvinopesana.	100-130 BPM. Inogona kushandiswa mune zvikonzerero zvakasiyana-siyana, kubva kumafareti evana kusvika kumatafura emadhorobha. "The Floss" inowanikwa kuvanhu vechidiki chete, asi "Electric Slide" haisiwo. "The Floss" inoratidza kuti yakaitwa mushure kwe2017.
Melbourne Shuffle.	Dhinyira tsigumu rechidzitiwa kuita kuti	Melbourne, Australia, pakati pemakore	130-150 BPM. Mhuri yeimba

	risangane nemutsigumu wekuruboshwe. Dhinyira tsigumu rechidzitiwa kudzorera kumashure kuti uende neakanyanya kufara. Danho renyika: dhinza-danho, dhinza-danho - shandisa masigumu akasiyana achidaro uye ita kuti zviite kunyatsopedzwa. Bvunzo rekudzidzisa rinowedzera kuita zvinhu zvekurima nemakumbo akawanda. "Shuffle" inyaya yekufamba pasi pezvombo - masigumu anoramba padyo nepasi uye anofamba, anosvika.	emakumi ekubudiriro kwechipiri (marefu 1980). Yakazara kuita pazvenyaya pasi rose kuburikidzo yemafestival eEDM muna 2000-2010. Imwe yemararama mashoma akatanga mumamiriro ezvinyorwa, kwete muhip-hop kana pop.	yemagadhi emakombiyuta - kunyanya mazuva ekutanga ehouse, techno, uye trance. "Shuffle" yakagadzirirwa nemimari yemagadhi emakombiyuta, zvichienzaniswa ne "Running Man" uye "Cabbage Patch" zvisiri nyore.
Woah.	Pamusoro pebhit (izvo zvakaita sekutonhora kana kuti mbiri), mirira kushanda uye chengetedza muviri uchiripo – ipapo, tanga kufamba mune ramangwana. "Woah" ndiyo iyo yekuoma, kwete kufamba kunozvishandisa. Nguva ndeyechokwadi: kuoma kunofanira kuitwa pachiratidziko, kuchengetedzwa kwebeat imwe, ipapo kusunungurwa.	Akanobva kuCharlotte, NC, mumakirasi emabhiza, mwaka we2019. Yakafamba nekukurudzira pa social media. "The Woah" inongoreva maitiro ekudonha akaitwa mumaruva emfunk yemakore emapfumiro '70 - kusimama zvine simba pamusoro pebiti, achishandisa muviri wese - uye ichi kwakadaro kwaita kuti ive chinhu chinofamba.	90-120 BPM. Hip-hop, trap. "The Woah" inobudiriro zvakanyanya mumitambo ine ma-hi-hat kana ma-snare akasimba uye akazvimirira, ayo anopa "kudaira" kwayo kuti ishandiswe.

8. 5 — Raarivhi reLatin.

Maitiro, madhiridhano eLatin anogona kufunga kuti ndiyo nyaya yekutanga uye inoramba ichidzoreredzwa kuita kuti mafomu ekudzana ari nhasi ave nani. Salsa, cumbia, merengue, bachata, uye zvimwe zvinobva pazvo zvakapa zvinhu zvemitambo yemauto uye kwezvakatjirika mumakore akawanda. Aya asiri mashandiro akakosha chete ekudzana kweLatin - anogona kushandiswa mune mamwe marudzi sezvishanduko kana achidikanwa.

Sarudzo / maitiro.	Elementi yakakosha.	Hazvirei.	Mafirawi ekudzidza.
Merengue March	Iyi ndiyo nzira nyore yekutanga kufunda madance eLatin. Shanda nesoro rekuruboshwe panzvimbo pa1, shanda nesoro rekudzeri panzvimbo pa2, wedzera. Izvozvo chete. Chizhe chakakosha: wedzera kushandiswa kwechipatswa pazvose zvamushanda nekuenda zvishoma-shoma pachipata chemufundo wese sezvaunoshanda, uita kuti chipatswa chacho chisise zvinoreva kuti chipatswa ichocho chifambe. Merengue march ndeokutamba kufamba panzvimbo uchishandisa chipatswa. Inogona kuve nemafomu akawanda asi inotanga pano.	Mutsigiro wemerengue ndiye chinhu chinenge chiri padyo nemutsetse wekutanga wese. Pamakumi maviri-ekunze kusvika kumakumi maviri-emakumi emamita pa miniti, inogona kushandiswa mumitambo yakawanda isina kuva yeLatini. Kusiyana kwechipfu nekuvhara kwemunwe kweiyo merengue kunobatsira zvakananga kune imba yemhuri — wedzera mutsigiro wemerengue kumutambo wemba uye ritimu iripo.	100-130 BPM. Merengue, bachata, imimwe yehouse. Inogona kushandiswa nevanhu vese mukati memaminiti makumi matatu ekudzidzisa.
Cumbia step.	Cumbia inofambira basa rakakosha: kuenda kwayo kunoitwa nemamiriro anotevera: padyo-kumatenga-padyo-kumatenga, uye tsigero rimwe richiri kuvhura zvishoma isati chatanga kufamba.	Cumbia, yakaitwa nemitambo yakanaka (80-110 BPM), inonyanya kufamba zvakanaka mumamiriro akawanda eR&B uye hip-hop. Kufamba kwakadzikama kwezvinhu	75-110 BPM. Cumbia, imwe zvimwe hip-hop uye R&B. Cumbia yeColombia neyeMexico inotevera mafomu akasiyana zvishoma—zvese zvinobudirira uye

	Tsigero retari rinofamba kurubuda, tsigero rechitende richivhara zvishoma ndokufamba nekumabviro acho, tsigero retari rinoshanduka kudonha, uye tsigero rechitende richivhara. Kuvhura kwakadaro ndiko kunoitika kuti cumbia ive yakanamirwa.	zvemushonga wecumbia kunogadzira hunhu hwekudzika nekuburuka kunoenderana nemitambo ye trap uye hip-hop yakaderera.	zvese zvinogona kushandiswa.
Salsa yakanaka.	Maitiro ekufunda bhasi ya salsa inzwa nematauri anomwe, asi inoshandiswa mumakore manomwe. Dhawira kumberi nechiso (1), dhawira kurudyi uchienda pachinzvimbo (2), dhawira kudzorera kuchikoro (3), mirira (4). Dhawira kudzorera kurudyi (5), dhawira kushamwari uchienda pachinzvimbo (6), dhawira kumberi kuchikoro (7), mirira (8). Kurega kwemaminiti pa4 nepa8 kunokosha zvakafanana nematauri - izvozvo zvinogona kuzita kuti salsa inogeza, asi isiri kufamba. Zvinhu zvose zvinoshanda kubva pachikapu.	Maitiro ekuti "salsa basic" inenge ichishandiswa zvakananga munzvimbo dzinongoita mupungudzwa weVanalatini, nekuti tempo yacho yakakosha zvekuti inogumbatira mimhanzi yemakirasi. Zvaanobatsira ndeiyi: maitiro ekufamba achidzorera chipfu nechipfu uye kushandisa pause semimwe yehutano. Mazano aya anogona kushandiswa mumhando dzemimhanzi dzese.	160-220 BPM (mubvunzo) - asi inenge yechisimbiso pa 1-2-3, saka inonzwa sezvoita 80-110 BPM. Salsa ndiyo mhando yemimhanzi.

8.6 — Iyo Sarama.

Nenzwisiswa nekuti inofanira kuve nechikamu chayo.

Kudonzera ndiyo nhare yakanyanya kuwanzwa munzvimbo dzekutamba, pachiyero chipi nechipi, mubhizinesi repfungwa iripasi. Mharidzo yese yekutamba inenge ichina rudzi rwekuita kudonzera. Munhu wose ane udyamu unokwanisa kuita rudzi rumwe nerumwe rekudonzera. Uye ndiyo nzira yakanyanya kushanduka yemufaro inomboonekwa nemunhu anotamba asati.

Zvinhu zvinodiwa zvakakosha.	Zvinogara zvakaita here?	Zvairidzwa.
Simuka pamupfupa wekuruboka. Rega mupfupa wekunurwa kuti urutuke zvishoma kuti uwedzere kufamba. Chengeta mupfupa wekuruboka semusimboti. Maoko adhonzwa mukati kune muviri (akadzikiswa pachikapu kana akabatikana pamativi) kuti wedzere kumhara - hunhu hweangular momentum: apo mass inyatsoya kugadzirisa, kufamba kunowedzera. Dhonza maoko apo kufamba kwapera kuti uende zvakanaka panguva inotevera.	Ita: Sarudza point imwe inotevera iwe uye chengeta maoko ako pachayo kwenguva refu sezvazvinogona panguva yekukwira, uine musoro wako achifamba zvakanyanya panguva yekupedzisira kuti uwane yacho. Izvi zvinonzi 'spotting' mumadhori emuseve uye inobvisa kunyoreka panguva yekukwira kakawanda. Kukwira kwakanaka kwekutanga kunokwanisa kuchengeta musimboti. Kukwira kusina kutanga kunopedzera nekunyora. Kupinda: kukwira kunofanirwa kuuya - ita chido chekuti waenda kupi, uende ikoko, chengera. Kukwira kwakadzikira zvakaderere kunotarisa sekuvhara. Kukwira kunokwanisa kuchengeta musimboti kunotarisa sekufunga.	Half-spin: 180 degrees. Ndiyo inenge yakarurama zvakanyanya. Shandisa kuti uende kumusoro weimwe nzira panguva yekushanduka kwemutambo. Full-spin: 360 degrees. Iyi ndiyo yechisikigo. Ipa uchidaro pamubhitisi wakajeka - kazhinji mubhitisi wechipiri wemusimboti - uye uende kumubhitisi wechipiri wemusimboti inotevera. Double-spin: rotations mbiri dzakazara. Maoko anofanira akasimba kuti izvi zvikwaniswe nekukwira kweiyo tempo yedance. Usatanga kuita kana usina kuvandudzwa nefull-spin. Partner-assisted spin: munhu mumwe anotora ruoko remunhu wechipiri, uye iye ane kushanda anoshandisa ruoko kuti ave nemhepo yekutanga. Inoshandiswa kune ese ma dance, kusanganisira swing, salsa, folk dance, neclub dancing.

Kana uchida kudonha: Panguva yekuchinja kwemafirimu emimhanzi, kana mimhanzi ichitaura chinhu uye muviri wako anoda kuzvishandisa. Panguva yekudonha kwezvimhanzi apo danho iri nyore. Kana uchifamba padanho

rekumaruva uye mimhanzi inokukurudzira. Kudonha kunogona kuitwa panguva yega — ndiyo mhepo yemufaro yedanho.

8.7 — Voguing uye Ballroom: Dhinda Rinofanira Kuva Iri.

Voguing: Hunhu hweHarlem ballroom, kubva mugore ra1960 kusvika pari zvino - yakafamba pasi rose nekufambiswa kweParis Is Burning (1990), uye yakenderera mumuboka wevanhu vanoshandisa hunhu ihwa pasi rose.

Voguing inofanira kuve nechinzvimbo chedu mumutero uyu nekuti ndiro basa rekufamba nebhodhi rakakwana zvakanyanya, rinoratidza kuti kufamba kunogona kuva nzira yekuzvipatsanura. Voguing yakatanga nemunhu wechipfeko uye weLatino LGBTQ+, uye yakanyatsoita musimboti mune zviito zvakasiyana-siyana, kubvira kumutambo wepop waMadonna mwaka we1990 kusvika kufamba kwevanhu pa"runway" munzvimbo dzekufambira pasi rose.

Maitiro.	Hunhu hunokakosha.	Chii chinoita kuti munhu akadzidza chinhu ichi.
Mano yekare.	Mifananidzo ane masikirini akareba, mitemo yakamirirwa uye ipotsa ichidyiswa kuita tembo rinotevera. Kufamba kunongedza mafoto ekufananidzira anobva mugazeti reVogue — zita racho rakanyorwa zvakajeka. Kunyatsogadzikana kwepakati nemasikirini.	Mhepo yacho inzvo sarudzo. Chengetai mhepo yacho nemufaro. Kushandiswa kwemhepo yacho - kwete kunaka kwayo pachayo - ndiyo nyanzvi.
New Way	Zvinhu zvine kushanduka, kufamba kwezvirongwa zvinogona kukwenyara, mhedzi yakanyanya inoshanda kudzika miganhu yekushanduka kwemurume. Kunyatsoitwa basa rinoda simba remuviri.	Muvimbo wemimwe mune simba kupfuura waunenge uchifunga. Kushanda kweNew Way mumadance akakurumbira kwakaratidza rudzi rwemaitiro emuvimbo ainganga asisipo.
Vogue Femme	Kunyatsofetsa, kunyanduka, uye kunyaradza sezvaunoratidza mumuviri wako wese. Zvinhu zvishanu: Catwalk (kufamba), Duckwalk, Performance nemano, Performance panyika, uye Kuzwaira nekuridza. Mhando dzega yemutambo inofanirwa	"The dip" - kudonha pasi panyika nenzira yakatarwa uye inonakidza - ndiyo chinhu chinonyatsofananidzwa ne"vogue femme". Inoshandiswa nemamiriro ekufamba, kunaka, uye kuzvipira zvizere. Kudonha kwakadaro kusina kuvimbika

	kuongororwa yega-yega muchikomba cheballroom.	hakusi kudonha. Kudonha kwakadai kwakazvipira ndicho chikuru.

THE RECOVERY KERNEL — CHINONGEDZO CHEKUYAMBISA.

FINAL PUBLICATION ADDITIONS

8. 8 - 8.11

Cutting Shapes · Shuffle · T-Step · X-Step · Running Man (Electronic) · DnB · Hakken · Muzz · Dubstep

Clog · Irish Step · The Bonfire · The Plant

Aya ndi matanho ayo akaitwa nevafambi pachinzvimbo yekutamba.
Haisiri kubva kumavhidhiyo emimhanzi. Haisiri kubva kumataundi ekudansa. Asi inobva kumabudiriro ayo akange achida mutauro wemuvambo weimhanzi isati yavapo.

Section 8.8 - Bhuku Redhijitari reMwenemombe.

THE CENTURION — Mhando dzese zvakakura uye zvakazvitamba zvaifanira kuve nehutano hwavo. Mimhanzi yakanga ichida mhinduro yemuropa, asi haina kuwana. Aya ari mashoko ekubva pazvo.

Saka dzakaitwa muSections 8.2 kusvika ku 8.4 - dzichibva mumafirimu ehip-hop, pop, uye R&B, uye dzafambiswa nemadhirowa akakurukurwa - saka idzi dziri mupeji iri dzakarongwa nevanhu vakanga vachiita zvekuridha mumamuzikhi emakemutendi ekuridha. Saka hadzina kuoneka mufirimu remuimbi. Dzaka famba kubva kumunhu kuumwe, kubva panzvimbo imwe kuenda kune imwe, kubva kuchizvarwa chemubhabhoni kana "scene" rimwe kuenda kure. Dzimwe dzakatora makore kuti dzipe zita. Imwe imwe inoramba ichitariswa zvakanyanya nekuita, kwete nekudzidzisa.

Kukora Mhape.

Cutting Shapes: Muziki weelectronic wemuZimbabwe – garage, house, UK funky, electronic – kubva mugore ra1990 kusvika pari zvino.

Kukata maumbirwo hakusi chinhu chimwe chete. Ndiyo pfungwa yekufamba yakakosha mumaturu emimhanzi yemahara yeUnited Kingdom. "Maumbirwo"

anogona kuva marongero akanyangadzo aripo pamuviri munhu - mhedzisiro, mitsetse, uye nzvimbo dzemimba dzinogadzirwa uye zvino dzichidzosherwa. Kukata izvi ndiko kuitira kuti dziive pakufamba kwakadai nekukurudzira uye nekurongeka pachiratidzwa.

Mhepo yekutamba "shapes" inzvo dzekuona - yakabva kumamiriro apo vanhu vaive vachitarisa vamwe vachitamba uye vakanga vakatenda kuti unyanzvi uye mufaro mumuzikana ndizvishoma zvakakosha. Munhu anotamba "shapes" anoramba achiteerera kune imwe nguva yemusikana, haasi kumboshandisa chishandiso chakagadzirirwa.

Element	Zvinoreva here?	Zvinorevei here?
Muvhitiramu.	Maitiro ekubikira muviri inomirirwa kwemaminiti imwe kana maviri usati watanga kuita mamwe maitiro. Tsenza inenge yakatariswa panzvimbo dzakakosha. Muropa unoshanduka zvakanaka. Maoko anenge akamirirwa panzvimbo dzakakosha. Maitiro anonzi akafanana nekutumira mashanu. Saka, haisi nzvimbo yachoinoita, asi inzvimbo yakagadziridzwa.	Tarisa muromo wako mumamirori uine mimhanzi. Tsvaga ma position anonzwa kuti akakodzera nemimhanzi. Gadzira imwe position kwemaminiti rimwe, ipapo derera kuenda kumamwe. Ma shape anobudirira ndemaanenge amutarisa uye uchifunga: "Hongu, iyi ndiyo inzwi yemimhanzi iyoyo panguva ino."
Kukoronywa.	Kugadzirisa pakati pezvakawanda zvakasiyana. Kuputsa kunonaka—kunobva pakananga, kwete pakati pevakatendi. Iri mumapoinzi A, uye pa1 yechinhu chinotevera, uriri mupoinzi B. Hakuna kuputswa kwakadai. Kuputswa kunoitwa zvakaitika nemusoro wezvembuya unodaro.	Practice kutamba pasina kunetsa zvakanyanya nezvakaumba. Imira chero papi. Paunonzwa mimhanzi yakasimba: shandisa zvese mumuviri wako panguva imwechete. Maoko anobva pasi achienda pamusoro. Simba remuviri rinobva kurudzi rwepamhandu richienda kure. Musoro unobatswa. Zvose zvichidikanwa, paunonzwa mimhanzi. Izvozvo ndizvo zvinonzi "kutamba". Wedzera zvakaumba kana kutamba kwacho kwaoma.
Maitiro ekubatsirwa nemimhanzi.	Kukora zvimiro hazvifaniri kushandiswa semhando ye choreography. Munhu mumwe chete anogona kukora zvimiro zvinosiyana mupfungwa imwechete yemutambo musi wechipiri nekuda kwezvimiro	Tarisai zviito zvemimhanzi zvinoda mhinduro. Chiratidzo chemazwi chakaderera chinoda chinhu chakaderera uye chichikwira. Chiratidzo chemusoro webass chinoda chinhu chakanyanya uye

	izvo, sezvo zvinoenderana nezvaanonzwa nemutambo panguva iyoyo - kupera kwemutambo, kusimbiswa kwemutambo, inzwi rakakosha remusoro remitambo pachiyero chechitatu chemubvunzo uyu, uye inzwi rebhesi rinenge risingaite.	chikadherera pasi. Kuwedzera kwehutano hunodiwa kuti simba zvishandiswe mumuviri. Chengetai mafomu enyu kune zviito izvo, kwete nguva.

BPM range: 118–135 BPM - UK garage, UK house, UK funky, imwe zvegrime. Iyo tempo inogona kushandiswa kuti zvinhu zviite nekukurudzira, asiwo inenge yakaderera zvakawanda kuitira kuti mumboona uye mushandise mimhanzi yacho.

Chikoro: Makirabhu, zviitwa zveUK garage, maitiro eBoiler Room. "Cutting shapes" inova chinhu chinoratidza mhepo yemusikana uye hunyanzvi hwekuita basa pamatambo emusiki weelectronic muUnited Kingdom. Munhu anozvishandira "cutting shapes" pamutambo wemusiki weelectronic haasi kuita show, asi anotaurirana nemusikwa, uye vafambisi vanovimbiswa kuti vakone izvozvo.

The Melbourne Shuffle: Mazwi Ekarenda Akazvikanwa Zvese.

Melbourne Shuffle:
* Melbourne, Australia - hutano hwezvemoyo hwemauto mumakungwa, kumagadziridzo ekupedzisira kwechipitandi chemakumi emapfundo.
* Kusarudzwa kwakaderera pasi munyika yese kuburikidza neEDM (Electronic Dance Music) muna 2010s.

Itaera re3 remubvunzo uyu yakataura nezvenyaya ye "shuffle" mumapurogiramu eBPM. Itaera iri rinopa mashoko ekutechniki anotangwa zvizere. "Shuffle" inzira dzinoverutswa dzine zvinokwana, dzinosanganiswa nemaitiro akafanana, kunyatsogadziridzwa kwekutonhora panyika, uye nyaya yekufamba senge kuenda nekufamba kwakasiyana neimwe yese nzira yekufamba yemudance floor munharaunda ye mimhanzi yedhijitari.

The T-Step — Foundation.

Maitiro ekufamba.	Mugadziriro wekushandisa wekukosha kukuru.	Zvinenge zvaita kuti: * Muviri wako unenge unoramba kunyengwa. * Unenge uine simba rekufunga uye kushandira. * Unenge uchikwanisa kudzoka kuupenyu hwakanaka. * Recovery Kernel * Naloxone * COMT * DRD2 * MTHFR * Blueprint * findahelpline.com
RIGHT T-STEP: Shure rekurudzira inopinda kurudzi rwechipiri. Shure rekupinza rinotevera kuti risangane neshure rekutanga. Shure rekurudzira rinopinda kurudzi rwechipiri zvakare. Shure rekupinza rinopinda pamberi peshure rekurudzira, hwaro hwacho	Ipeni remuromo. Hondo rinotevera harina kuita danho - rinofamba pachigadziko. Hunhu hwese hwekuita "shuffle" hunobva pakufamba kwehondo rinotevera. Mahengo anotariswa zvinoenda uye anoda danho anonyatsoita kuti uri kufamba. Mahengo	Kufamba nyore uye zvakanyatsogadzikana kumusoro. Muropa unosarira panguva imwechete - haasi kupinza nekuvambwa. Kugadzirisa kwemwoyo kunoitika pakukwazisidzwa, kwete kukwiridzwa. Maoko anogara

hunobuda kuchidziti (uchidaro "bha" yeT). Muviri unoshanduka kusvika kushure rekupinza rakanyunguduka. LEFT T-STEP (kuti zvive zvekufananidzwa): Shure rekupinza rinopinda kurudzi rwechipiri. Shure rekurudzira rinotevera kuti risangane neshure rekupinza. Shure rekupinza rinopinda kurudzi rwechipiri zvakare. Shure rekurudzira rinopinda pamberi peshure rekupinza, hwaro hwacho hunobuda kuchidziti. Muviri unoshanduka kusvika kushure rekurudzira rakanyunguduka. Maitiro anonhuhwirira, achidyidzana pakati peshure rekurudzira neyekupinza. Maitiro anoita kuti muviri udzore kurusununguko, uye kuita "bha" yeT pakupera kwega wega.	anodonzwa anoratidza kuti uri kuita "shuffle". Kuzvipira kwemakumbo panguva yekutambanuka. Kana hondo ichifamba kumberi, makumbo anotariswa kunze - iyi ndiyo "T" bar. Pasina kuzvipira kwemakumbo, kutambanuka kunoratidza kuti uri kuchaya. Neiko kuzvipira kwakadaro, kunoratidza kuti zviri zvakaitwa nezano.	akanyatsogadzikana kana kuti anotenderera achitenderedza murunwe uripamhepo. Kubva kure: munhu anodonha achifamba kumusoro nekuita senyeredzi, makumbo asingasiyi pasi zvakawanda.

X-Step - Zvidzidzo Zvepakati.

Maitiro ekufamba.	Mugadziriro wekushandisa wekukosha kukuru.	Kune hukama here neT-Step?
Kutanga nemakumbo akabatwa pamwechete: Beat 1: Rukova rwakatonhora rusingaderi kupfuura pakorokoro rekumanja (pamberi) — makumbo ari maviri zvakava mumamiriro ekuti anobata, rukova rwakatonhora richideredzera. Beat 2: Korumo kekumanja kadzorora kuchidzitiro	CROSS inofanira kuve cross chaiye - tsigumu rinopinda richifamba pamberi petsigumu rakamirirwa, kwete padyo nayo. Cross yakafanana inogona kunge ichiratidzika seyakangwara. Cross chaiye inoita chiratidzo cheX. STEP yekubuda inofanira kuve yakakura zvakakwana - angori gumi nemumwe remusoro pachinzvimbo.	X-Step ne T-Step zvinogona kuenzaniswa mumutsetse imwechete. T-Step inopa kufamba kwakakangwanisa. X-Step inopa mufananidzo wekutarisa wakagara pasi. Munhu ane hunyanzvi hwekushuffle anoshandura pakati pazvo zvinoenderana nekukura kwezvimiro uye nezviri kuitwa nemuimbi.

chekumanja — makumbo anotanga kubatana, achimira akanyanya kufara. Beat 3: Korumo kekumanja kadzorora kupfuura pakorokoro rekumanja (pamberi) — miriro yekuti anobata, koromo rekumanja richideredzera. Beat 4: Rukova rwakatonhora rusingaderi kuzorora kuchidzitiro chekumanja — makumbo anotanga kubatana. Mhando iyi inogadzira X yechokwadi paminangana nemugwagwa wakafamba naro koromo richideredzera.	Kusiyana pakati peX uye nzvimbo yakakura inzvimbo yacho inovaka rwiyo rwechitarisiko chemhanya.	

The Running Man (Electronic / Shuffle Version)

Saka yakaramba kusiyana ne"Running Man" yehip-hop yemakore '80 yairatidzwa muSection 8.2. "Shuffle Running Man" inzira yekufambisa inoshandiswa zvakafanana, asi inotarisa sekuenda nekufamba.

Chizvo chekufambira zvine mafomu akasiyana-siyana, senge "shuffle running man".	Chii chinobvumira kuti ibude kubva kuimba yehip-hop?
Mutsigiro wakanhamba uchibva mberi (pasi – pasi pezvakapetwa, makumbo akatariswa) nepo murudzi rwekuruboshwe ruchidzorera kumashure pamusoro. Mutsigiro wakanhamba unobva madhongi achienda pasi apo murudzi rwekuruboshwe richibva kuchamhembe. Murudzi rwekuruboshwe rinobva madhongi achienda pasi nepo mutsigiro wakanhamba uchibva kuchamhembe. Kushandiswa kwemadhongi nemakumbo kunogadzira kufamba zvine kurongeka: madhongi anozorera pasi, saka anopinda kumakumbo apo simba richitenderedza, nepo murudzi rwekumusoro rinotanga kuchamhembe.	Hip-hop Running Man inyatsura zvinongofamba zvine simba uye kunyanya. Shuffle Running Man inyatsonyorera kufamba pasi pezvinongofamba - kurova kwezuva kwakatsetsera, muranga unosimama padyo nemeso, kuiswa kwekutsoka nekurima kunogadzira kufamba pane kungosvetuka. Muzvimbuzi: Hip-hop Running Man inoratidza kufamba zvine simba uye kunyanya. Shuffle Running Man inoratidza sekanhu yakaturwa nemwando - kufamba kumberi pasina kushandisa simba zvikuru. Sosi ndeimwe, kwete chinhu chinofanira kurwiswa.

BPM (beats per minute) yemarangi yemhando dzetatu dzekufamba: 128–160 BPM. T-Step ne X-Step zvinobudirira zvikuru pa-130–145 BPM. Running Man inogona kushandiswa mumarangi ese, asi inova zvakanyanya kuoma pamusoro pe155 BPM kuchengetedza hunhu hwakanaka— inoshanduka kuita kufamba kwakadzikira panzvimbo yekufamba nyore.

DnB — Runyoro rweDrum uye Bass.

DnB / Jungle footwork UK — jungle inobva kubhukuya remusoro (soundsystem) pakati pe1992-1994, Drum and Bass yakazotanga kuumbwa neye1994 kusvikira.

Ita ra3 rakapa basa rekushandiswa muhutano hwevamwe: shandisa tambo ye kick drum yechikoro cheduwa (iyo inogara pachiyero che80 BPM), kwete tambo yebreakbeat yakazara (iyo inogara pachiyero che160-180 BPM). Iri ndiye nzira yekutanga. Hezvino zviri mumashoko ezvose.

Simudza.	Chimhata.	Maitiro / nyaya dzevabvu.	Kana pazvaitika.
The Jungle Skank	Dzokai pamusoro pehondo yechinamwe. Hondo yepamwoyo inyatswa kumberi uye kunze (kudonha kwepakati-kumadzo kwezasi), makumbo akatambiswa zvishoma. Dzokera hondo yepamwoyo kumusoro. Dzokai pamusoro pehondo yepamwoyo. Hondo yekuruboshwe inyatswa kumberi uye kunze (kudonha kwepakati-kumadzo kwezasi). Dzokera. Kuita kwakadzikira - muviri wepamusoro unoyevera kuduku sezvo hondo inyatswirwa kumberi, zvinoita kuti uve nechiyero chekusangana. Iyi haisi fambisiro yakadiki.	Kubva zvakananga kumaturu emumhuri eCaribbean, "skank" inzira yekufamba neimwe mimhanzi reggae uye dancehall iyo jungle yakazotora apo yakamanika hutano hwemafambidzano nemimhanzi yebreakbeat. Apo jungle yakachengeta "skank", yakachengetedza zvaive zvichiri kufunga nezvemauto ayo akabva kumhuri dzevanhu veCaribbean vakanga vagara muLondon.	Kana basa remusoro rakanyatsoita uye beat yacho iri kuchamuka panzvimbo yekufamba, kwete panzvimbo yenjuzu yakakura. "Skank" inopisa - inoshandiswa kune zvekare pakati pezvimwe, kunyange zvakaita sekupera kweimba dzemutambo.
The DnB Step.	Sezvakaurirwa muSection 3: dzokera kuita "half-time kick". Siyana hurefu	Iyi nhanho inoita kuti inzwa kunyatsopedzwa kwehutano hweimbi,	Mune, danbo (DnB) ndiyo fambisira yechokwadi kune

	hwemukadzi wekurudyi uye uende mberi-kurudyi pamwe ne"half-time beat" (pazvo pazvisikidza mbiri dzekudzika kwepamusoro). Siyana hurefu hwemukadzi wekumanja uye uende mberi-kumanja panzvimbo ye"half-time beat" inotevera. Muropa wako unoshanduka zvishoma-shoma uchienda mberi nemuunganidzwa mumwe mumwe, saka udzokere kumusoro. Wedzera "stomp" pamuunganidzwa mumwe mumwe - mukadzi unofanira kuenda pasi, asiri kungobata.	asiwo inotarisisa kufamba kwembaire yeDnB. Kunenge zvakanyanya kukosha kuziva kuti imbi yehalf-time: DnB ndeyemimbi yakanaka zvikuru muvhidiyo iyi, uye inonzwa nyore pazvakaderera zvepfupa.	chero ani anowana rhythm yehalf-time.
The DnB Headnod.	Siri imwe yekufamba kwakaderera yakatariswa seyakanganisa muSezvo re5. "DnB headnod" inzira yekuenderera mberi uye kudonha kwekanonokana, inoitwa zvakanyatsochinangwa pamusoro we"kick" wehalf-time, inochengeterwa kweinenge kwemasekondi mashoma pachinzvimbo chepasi, apo zvinozodziwa kumashure. Inenge yakaderera. Inenge nepfungwa. Inotevera mafrekvensi epasi, asi isiri "breakbeat". Pamwe ne"step" yeDnB, "headnod" inoita kuti muviri wese wepamusoro udzime	Mhinduro yakanyanya kuenderana nemhando yeindaba yeDnB - frekuwensi yekubaya pasi inogara mumuviri, uye breakbeat inenge yakanaka inogara pamusoro payo, zvinoita kuti inzwa seyakangoita mavhesi akasiyana. Kuzorira kwehuremu kunowanikwa panzvimbo yeiyo frekuwensi yekubaya pasi.	Panguva yekudonha kwezvinonakidza uye yemimwe maseksiyoni ayo anozvishandurira.

	zvine hutano mufambiro wehalf-time.		
The Roll-Through.	Bassline yeDnB inowanzi kufamba uye kunyanya kusimba. Muviri unoshanda semvura, achitevera simba rembass—uchitanga kumutsipa wepasi, uchifamba pamusoro pematanda, uye achidzikira kuburikidza nemasikiride—anogona kuzvidzika zvakafanana. Hazvisi kufamba kwemuviri kwese sekuti kwa hip-hop. Kunyanya kufamba kusinganzwisisike kwekutonhora kuchitanga kumutsipa wepasi kusvika pamusoro pematanda.	Mafiriso emusoro yeJungle neDnB ine hunhu hwakasiyana, hunogona kuita kuti mumwe atambure kana kufamba. Hunhu ihwa husingafanani nebatsiro rakaita marefu remarira e-techno kana kushushuruka kwehouse. Kuita kuti mumwe atambure kana kufamba kunobva pakufemera kwemunhu kune hunhu hwakadaro.	Kana basa richikwira. Kwete pachiitiko chega chega - asi kana basa rakazara richikwira uye richidzvanya.

Hakken uye Muzz.

Hakken: Mabhizvo emuzikiyi weDutch gabber/hardcore muRotterdam, pakutanga kwa1990. Shoko rekuti "hakken" rinoreva kucheka kana kupaza muchiDutch.

Muzz UK — Musika weSouth Asia uye yePakistan-Britain inosanganisa nemarudzi akaita sehardcore — kubva mugore ra2000 kusvika pari zvino.

THE CENTURION - Shoko ndiyo chishandiso. Zvimwe zvose zvinongova zvinhu zvinoshumira.

Hakken ndimo imwe yemadance anodiwa zvikuru uye inoda simba remuviri zvakawanda munyoresva iyi. Pa tempo yegabber nehardcore (150–220 BPM), hakken yakenderera-enderera inofanana nezvekudzidzisa nemitambo mukuita kwezvinodiwa zvikuru. Saka, pakunaka kwazvo, ndimo imwe yemadance anonyaradza zvakanyanya — kusimbiswa kwemigwagwa nekufamba kwayo kunenge kuchangobva kungodaro, uye kufamba kwemakumbo akasiyana-siyana nekukurumidza kunogadzira mafungiro ekunyengaira ayo anomiririra simba remitambo yemhuri yeimwe mazuva.

Style	Chizvo.	Zvinongedzwa.
Basic Hakken	Simudza makumbo ako achiita kuti ave akafanana nemakumbo ekumusoro. Paunonzwa mhosho yese: dhonza guru rekupuruzira uye nyore, uine guru rekudzidzira pasi kuti uripire pachayo. Paunonzwa mhosho inotevera: dhonza guru rekudzidzira, uripire paguru rekupuruzira. Dhonzi idzi dziri kuchinja zvakafanana nemhosho. Kudonha kwezvaunodhonza: kusvika pachinzvimbo chekuti zvaunodonha zvine simba kubva pachinzvimbo chekutarisisa. Dhonzi dzinofanirwa kuita kumberi, kwete kurubuda. Zvinzvimbo zvepamusoro dziri kuchamuka, zvinzvimbo zvekudonzera zvichiburitsa, hurefu hwemukati huchinyatsoburitsa, uye hurefu hwemukati hunodonha kudonhedza sezvaunenge	Muvamuro wepamusoro: muchikadhimire chete, mwoyo unogara wakagara – maoko anotsvaira pasi kana kuti anotariswa zvishoma. Kufamba kunoitika kazhinji pazasi pebhuza. Kusiyana pakati pekufamba kwemakumbo nekunyaradzwa kwepamusoro ndiyo hunhu hwehakken. Nekiradhimendi: hakken yechisikidiki pa160 BPM inobatsira mumuviri. Pa180 BPM, inzvo zvekutambudzika. Pa200 BPM, inoda kunyoresa kwepamusoro-sango. Usavhiringidzwa nekufamba kwehakken kusina kugadzirira.

	uripire pachayo.	
Advanced Hakken (makicks ekudzidzisa).	Bhuru rinokwira kusvika pamatseko kana kupfuura. Kicking kunowedzera simbe remukadzi kumberi, saka hure zvakanyatsoenda kumberi kusvika pamusoro wemvumo kana kupfuura. Kudonha kwakadzikama - hure rinofanira kudonha nekudzoka kuti riwane simba rekutanga kicking. Izvi zvinoda simba remasumbu uye kugadziridzwa kwevamwe vakatsetseka.	Muviri unogona kuchema shure zvishoma apo keki inoshanda kupinda mberi - iyi ndiyo huwandu hwekusangana, kungofanana ne"jungle skank" asi inonyanya kushandiswa. Pasina kuchenesa kwakadai, keki yakaderera zvikuru inotora muviri wese mberi uye kusimudzwa kunogona kuoma. Maoko: marudzi akawanda e"hakken" anoshandisa maoko ekufamba mberi achitarisana nekaregi yekukeka (sekuvhara). Amwe marudzi anochengeta maoko asina kudhura. Zvose zviri zvinobudirira.
Muzz - iyo fomu inobva kuUnited Kingdom.	Inzvimbo dzinogona kuve dzakafanana nehakken, asi nemaitiro akasiyana uye nekunhu kwakadaro. Muzz music (mushonga wehardcore/genre yakakosha inobva muSouth Asia yeUK) inoita kuti maitiro ekudonha kwezvekumbo eku hakken azvitonge pamwe nechido chekufamba chinobva kuBhangra, chinowanikwa mumitambo yemabhangi yeSouth Asian diaspora. Element yeBhangra: imwe yekufambisa yeMuzz inoshandiswa zvimiro zvemuviri zvisingawanikwe mu hakken - kushandiswa kwechipfeko chepamusoro kweinenge, chinongoratidza kufamba kwezvekumbo ebhangra nepo kudonha kwezvekumbo kunoramba iri chinhu chikuru.	Muzhu dancefloor inzvimbo yemarudzi akasiyana-siyana. Mimwe mauto emutambo anobva mumafirimu eSouth Asia (sebhiti retabla, midziyo, uye mazwi kubva mimhanzi yeBollywood kana Punjabi) achijoinwa nebhati rinopisa remimhanzi yehardcore. Dhansa inobuda kubva kumabviro iyi haisi dhansa yehakken chete, uye haisi bhangra chete. Ndiyo dhansa itsva, yakakosha kune mamwe marudzi emakomuniti apo zviri kuitwa.

Maitiro ekuti unogadzirira hakken: Kana uchida kuita hakken nekukurumidza kwepamusoro, zvigadziriro zvinotevera zvinoderedza ngozi yekukuvara: kunyura masumbu emapfudzi pamberi pezvakaitika (kurova kwemukadiri kazhinji kunonyudzwa nemasumbu emapfudzi), kupisa mapfupa emakumbo uye makumbo (gokora rinotarisira inonhuhwirira mwoyo paunenge uchienda), uye kuita zvinhu zvinobatsira kuchengetedza midzi. Maitiro ekubatsira ekuti Recovery Kernel anopa anogona kushandiswa chaizvo.

Dubstep Movement Vocabulary

Dubstep:

* **Muzikiyi yedance yeUK.**
* **Dubstep yakabva kuSouth London, 2001-2006.**
* **Yakafamba kusvika kunyika dzese ne"brostep" yaSkrillex, 2010-2014.**

Dubstep yakanga yaumba mashoko ayo akakosha nekuti yakaita mimhanzi yaisagona kuitwa nemarudzi emadance aripo. Bhasi rekutonhora, rhythm yekufamba pakakomberedzwa, kushamiswa kwebhasi rakakura zvakanyanya panguva yekutyiisa, uye zviratidzo zvemagonhi ekuridhiji — zvese izvi zvaida mhinduro dzinogona kuita mumuviri.

Dzorera.	Zvinangwa zvekushandisa zviri pachenguva.	Chii chinodzokorora mumhuri nemusikana uyu.	Kunyatsozvizvo kana zviri chaizvo.
The Drop Lock.	Panguva yekuyanduka (panguva iyo mimhanzi ichikwidza uye ichitarisa kunyatsopedzwa): chengeta muswe kune mashoma - maoko akwira, muviri unosunga mberi, maso anobata. Panguva chaiyo yekunyatsopedzwa: simbi yese yemuviri inogara yakarurama panguva imwechete. Ipapo: sarudza kuregerera kuti uve nechido chekufamba kwekunyatsopedzwa.	Zvinhu zvinoita kuti mumwe anonzwa kufamba kwechipitso. Kushinga kwakaita nguva pamberi pekufamba kwechipitso. Nguva yakakosha yekubuda kwemhangura yakanaka. "Drop lock" inzira dzinogona kuita muviri apo anonzwa kushoma kwechipitso, asi achifunga kuti chichabuda.	Sefana semufotografi yakatorwa panguva yekupenya kwemhangura, muviri uchiri muchimiro chaichocha, achitariswa sekuti arikuda futa. Uye apo, anofuta.
The Wobble.	Wobble bass (murira unobva nemutambo we dubstep) inotonhora zvine rima —inoridza nenzira yakakosha, uye ine frekuenzi chaiyo. Dhonza maoko ako,	LFO (Low Frequency Oscillator) inodhiwa kuti iwedzere basa rekugadzira "wobble bass". Wobble ndizvinhu zvinonzwa zvakagadzirwa neparamita inogona	Muvamuro wepedyo unenge unoramba— kuita kunonetsa, asi inogadziridzwa, kwemudumbu kana dzese zvine hutachiona

	muviri wako, kana kuti muviri wese zvine simba sezvo wobble bass iri kuridza. Izvi hazvisi pamuririro— zviri pafrekuenzi ye wobble, iyo kazhinji inenge yakakura kupfuura muririro uye inoshanda yega.	kushanduka nekufamba kwenguva. Muropa wemuviri unogonawo kushanduka nekufamba kwenguva.	hunosangana nehuwandidzo hwekunyandura. Kubva kure: munhu anoridza nemutambo pafrekvenzi yakaderera kupfuura yacho inonzwisiswa.
The Glitch.	Kana mimhanzi ichiine hutachiona hwezvemagonhi emadhorihomputa - kusuririra, kushanduka, kana kukanganiswa - muviri unosuririrawo nazvo. Pakati pekutamba: kumhara. Kushanduka. Kumhara pachinzvimbo imwechete. Kutamba zvakare. Muviri unoita zvekukanganiswa kwemagadhi emadhorihomputa. Izvi anoda mhinduro yakadzika - kukanganiswa kunofanira kuwanikwa (nekunzwisisa mimhanzi) kana kuti kutangwa panguva yacho yekuzvinzwa.	Tekinotisi dzemutambo wedubstep - zvinhu zvaidikanwa zvepakugadzira mimhanzi yemagadhiro, izvo zvakanyatsoiswa kuita kuti zive zvimwe zvinonzwisisika uye zvakanaka. Kusuririsa, kushandisidzwa kwerondedzero, kusungirira - dzimwe nguva mimhanzi inogona kuita senge yakanganisa. Muropa wemunhu unozviziva.	Robhoti inobva kudzima zvachose. Kusimbiswa kwacho kunoitwa zvakafanana. Kuzadzika kwehutano hunoita kuti kufamba kudzokere mune yekupenya. "Glitch dance" ndiyo basa rinodiwa zvikuru munzvimbo ye "dubstep" nekuti inoda kuchengetedza simba rezvose zvemuropa panguva yacho, kunyange zvazvo inofanira kuita senge isiri yakarisikidzwa.
The Krump Element.	Dubstep, ine basa rakakura rekutenderera, yakaita kuti krump – mararama akasimba, anozvipira pachikuru, uye anoshanda zvine simba aibva kuSouth Central Los Angeles – iuye mumimwe mitambo yemhuri dzemuzikana. Zvakaitwa zvinosanganisira: * "Chest pops" (kusvitsa kwekufamba kwechipfuva panguva	Kunyanya kushandiswa kwemauto emimwe yemafirimu e-dubstep - inzwi rakadzika rakangwara, kick yakanyunguduka, uye zvinhu zvinoputirwa. Mimhanzi iyi inonyengera mumuviri. Mhinduro ye-krump inoenderana nemamiriro ezvinhu.	Inonetsa, inorema, uye yakasimba. Muropa hausi kufamba-famba— anogariswa panzvimbo. Mwedzi yega inomira.

	yekutenderera), * "Arm swings" (kushandiswa kwemarombi, kunyanya akasimba), * "Stomps" (kurova pasi) anomiriririra kutenderera. Sangano rekukwazana rekrump mumimwe mitambo yedubstep yakaita kuti mararama ekufamba aine simba zvikuru kubva kumhuri yehip-hop iuye mumimwe mitambo yemuzikana.		

The Clog uye Irish Step: Mitambo yeMuzvariro Inenge Isati Yasvika Pazve.

Clog Dance: Mabhuru emakambani eEngland, kumabvazuva – kubvira pagore re1700 kusvika pari zvino; Irish Step Dance: MuIreland, kubvira mugore rechi17 nemakore akatevera kusvika pari zvino.

THE CENTURION — Imbirimo yekurudzira yemakumbo yakareba, inogara pachirungu chemaruva ezvemuseguruuru. Yakaramba iri, asi yakachinja mafomu ayo.

Mharidzo dzekutamba dzakadai se clog dance uye Irish step haisi zviito zvakapfuura. DNA yavo iripo mumaitiro ekufambisa makumbo eese mitambo yemahara inoshandiswa nekurumwa nekukurudzira. Maitiro ekufamba akaita Melbourne Shuffle, uko kunyunguduka kwemukoma uye kufamba kwechigunwe, anobva pachizere checlog dancing. Kuratidza kwezvarurami zvemakumbo kwaHakken inzira imwechete nemaitiro ekufambisa makumbo akadzika-dzika aIrish step, uko kunyatsokwanirwa nekubudirana - kusimba kwemutsipa, mazuva ekufamba kwechigunwe, muviri wepamusoro unoshanda zvine simba kuti mavhiki adaro azviite zvakanyanya.

Mazuva akawanda, mabhudhi ari maviri anotarisana nemamiriro akaenzana, uye anogarawo nechifundo chepfungwa yeindangari yedzungu: zvinhu zvinenge zvine simba remusoro. Murombo wemutambo unoshanda sechisimbiso chinogadzira mazwi nekubata pasi. Izvi hazvisi mashoko ekufananidzira mumitambo yemararama — mashefu emboro emukati emafuti emutambi anenge ari midziyo yekudonha zvakananga. Pasi inenge iri tamburu. Murombo unoshandisa pasi iyi.

Chisikwa.	Muvhudzo wepasi rose wenyakare.	Chii chinopa mutambo wemazuva ano wevanodana nemimhanzi.
Northern English Clog Dance.	Chizviko chinoine musoro wehuni unosikwa pasi zvakanyanya. Ndiri, danji iri rinoratidza mhepo yemitambo — nhanho dzese ndedzvimbo. Bhiritimu redanji iri zvinorevawo inzwi redanji iri. Kuita kwekutenderera (kudonha kwemutsoka uye kune imwe, kudonha kwemutsoka uye kune imwe, nekukurumidza), kuenda pasi zvine simba, kubata (kusikwa kwemutsoka nekuva kwemakumbo wakaderera): izvi ndezvirevo.	Kudzidza kuita kuti hurefu hwemukadzi hutonge pamberi uye zvishandiswe kusvika pachikoro, kana kutonhora pachikoro uye kudzora kupinda kwehutungamwari, inzira imwecheteiyo inogona kushandiswa kuti Melbourne Shuffle ive nyore. Nyaya dzekushandisa makadhi akaita semakadhi ekutambanudza dzaiita izvi kwemakore mamire. Chinhu ichi chinobva zvakananga.

Irish Step Dance.	Muviri wepamusoro wakasimba uye muviri wemusasi unoputika ndiye hunhu hwekunyanya kuzivikanisa. Maoko anotsvedzerwa kumatenga - asina kuvandudzana zvachose. Kufamba kwese kunobva pamusana kusvika pasi. Masodzi anotanga kufamba nekukurumidza, akajeka, uye nemitsetse yakanyatsogadziridzwa yemakumbo, kushanda, uye kurova, apo muviri unotsungirira uye unosimama zvakanaka. Muviri unobatika pamusoro pemutumbi, asi masodzi ari kuita zviito zvinonhuwirira pasi pazvo.	Mugadziriro wekusarudza zvikomba zvakasiyana: kugona kuchengeta mumuviri wepamusoro nemumuviri wepazasi vachiita zvinhu zvakasiyana zvachose panguva imwechete. Iyi ndiyo hunyanzvi husingafanirwa: hakken (makumbo anobudirira, muviri wepamusoro unoshandiswa), kuumba mazvakapfeko (maoko nemakumbo anoshandisa marongero akazvimiririra), uye "dubstep glitch" (mumuviri wepazasi unoramba uchidzorera kunyore apo mumuviri wepamusoro unoramba). Hunhu hwevatambi veIrish step hunoratidzira zvakanakisisa kugona kwakadai.
Kupera kuenda kumuzikwa we-electronic.	Muzvikiridzo zvepsytrance uye hard techno: tarisira makumbo emunhu wese ari kushandisa mabvi akanaka – vanenge vachitaidzwa dzeclog dance asi vari ashandisa zvekufambisa. Muropa mumuviri waanenge ataurwa kuti auye kumuzvikiridzo we2024 anenge ane hukama nemarudzi ekutsvakurira akaita mazana matatu apfuura, uye angave asingazvizive.	Kana uona kufamba kwezvarira nekukurukura pazvakatsetse zvemadance emakirasi, izvo zvinofanana nemararamiro ekufamba awo ari muclog dancing. Kana uona muviri wepamusoro usina kupenya asi masikirini akanyatsoita basa muhakken, izvozvo zvinoita kuti tizive mararamiro eIrish step. Kuziva izvi hakusi kuchemesera mhando idzi - asi kunyatsotarisa hukuru hwehunhu hunoita mumararamiro ekufamba.

Kusiyana: Kana uchida kuvandudza hakken yako kana kufamba kwezvarira, ona mavhidhiyo ekutanga uye eIrish step ayo anozvishandisa, kunyanya maererano netekhniki yekukweta-kutsika uye kudzora kwenzvarira. Kukuridzwa kwezvarira kwakaitwa nemakore mamirevo nevanotamba mumaruva, iyo inobatsira zvakananga kufunda mafomu ekufamba emutambo weelectronic. Izvi haisi kurongeka kwekusiyana—ndicho kushandisa chigadzirwa chimwechete.

Section 8.9 - Mitsetse Miviri Asina Zita.

THE CENTURION — Vamwe vanofanira kuve moto. Vamwe vanofanira kuve mboma. Zvose zviri chaizvo. Hapana chaiyana.

Mune dzese dzemarhini dzinogona kuvepo. Haisimbidzwe zviri pamusoro. Hazvifundwi mubhuku rekufunda chero chipi. Asi zvinorehwa chaizvo sezvakaita T-Step uye Electric Slide — mafomu emuvimbo ane simba anowanikwa munzvimbo dzakasiyana, mumakore akasiyana, nemhenderekedzo dzakasiyana, kusvika zvava kuita kuti ave mifananidzo yechokwadi yemufaro wevanhu pakanamatira kumhuri.

Ivo pachena zvikuru kana muridzisi akwira pamusoro - pamutendi, pamatapuriri, pemba yedzano, kana pazvitoro. Akwira pamusoro pevanhu, uye vanhu vese vachitarisa, vanhu vanowanzonyangarara mumhando mbiri dzakadai. Haisi zvakakonzerwa—asi nekuda kwehunhu hwemwoyo. Mimhanzi uye kudzika kwacho zvinoratidza chinhu nezvemaererano aripo pachikomba chemuvimbo wepwere mune upenyu.

Mubhefu.

PAMUROWO – Vamwe vanoshanduka vava moto apo mimhanzi yasvika pamakumbo. Vanotarisira. Vanonyatsoshirisa. Vanotorova muriro.

Mudanzo we "Bonfire" unobva pamutambo inyaya yakazara uye inogona kuzivikaniswa nemamiriro emuviri. Muropa unoshanduka, uchitambanudza kuuya kumucheto nekudzika. Maoko anenge achienda kumusoro. Makumbo anenge akabudikidza uye akasanzwa. Kufamba kunoita kuti muropa uende kumusoro – kufamba kwakadai kwekusimuka, kuda kusvika pazvinonakidzwa kupfuura saizi yemutambo. Muropa unoratidza kuda kuve wakakura kupfuura waanenge ari.

Zvakawanda.	Kushanduka, kufamba, kusimudza, kunyanya, kukwira, kudonha, kupenya, kuenda, kubva, kugadzika, kudzoka.	Mhutiro wekamuti inokwira.
Kufamba kuuya kusinga pasi, asi kusunga pamusoro. Maoko anosvika pamusoro zvakanyanya kupfuura pakati mekushanduka kwemuviri. Mubvunduru unosimudzwa - mugwagwa wakananga kumurimi. Huma rinokwira. Muviri unoshanduka kuuya kusinga pasi, pachikomba pamafuti,	THE REACH: rimwe kana zvese zvakakosha zvichinyatsoenda pamusoro, makumbo akapararira sezvakaita iye ane kushanda kunyatsogadzirira kuti agare chinhu chinenge chabva pamusoro. Dziva harina kusimba — pane kupenya kudiki kuchinjiya kubvira kumutumbi kuenda	Mudanho wevhidhiro dzinogona kuve chiratidzo chinonzwa nezuvo. Vanhu vese vanenge vasvikiti vanotarisa kumusoro. Simba remudanhwe ane mudanho rinowanikwa kure zvakare kupfuura simba revamwe vechidanhwe. Vanoenda pedyo nemudanho anogona kutora simba kubva

sezvo muviri uchida kufamba. Kusunga: nzvimbo yemuviri inenge yakakura zvakanyanya. Maoko akatenderedza, makumbo anotsvedzerwa kupfuura kwazvinofanira kuva, uye mugwagwa wese we mvuri unoshandiswa.	kumutsipa uye kuenda kumakumbo, sekunge dziva iri moto unobvarara pachinzvimbo. THE SPARK: kufamba zvakapikisana kwezvekudonha kubva panzvimbo imwechete — makumbo akapararira uye achidzvanyidzwa kazhinji, sekuti matavi anobuda mumoto. Kushanda kwepamusoro-soro, nekufamba kwakawanda nezvekudonha apo muviri wacho unoratidza kuchengetedzwa. THE SWAY: muviri wese unosvinira kunodzoka kubva panzvimbo imwechete. makumbo - kwete mumweya. Pendulum yese, semuuyu unosvuta nemhepo. Kupenya kwekufamba kunowedzera nepfungwa yemimhanzi.	kwamunhu akamira pamusoro. Izvi zvinogadzirisa basa: iwe wakwedzera chiratidzo. Chero chinhu chaunotumira kubva pamudanho - kusavenga, kuitiswa kwechidanhwo, mufaro wechaenzi, kunyatsosangana - ichiuchangamuka kuvanhu vanokukomberedza. Mudanhwe we "Bonfire" anogona kupfura moto wechaenzi - asiri kungoitisa kuti ane moto - anotungamirira mudziwo. Mudanhwe we "Bonfire" anoita seari pamoto, asi haana moto, anozadza vanhu nemanzwiro akaoma.

Dzinogona kudonha pasi: Iyi ndiyo nhare yakakosha yekutamba yemudzamuri weBonfire: maoko akakwira kumusoro zvizhinji panguva yekuyanda, apo anongodonha - kufamba kwakananga pasi uko kunosvika panguva iyo bass inenge yasvikwa. Vanhu vanogarisana navo vari pasi vanozviziva sechiratidzo chekufamba kwebhasi. Iyi ndiyo mhepo yevanhu vese.

Maoko: Maoko emudzamuri weBonfire anokosha. Maoko akatarisa pasi kumakungwa, achibata vanhu vese, uye achinyemwerera zvine chokwadi - izvi zvinogadzira simba renzvimbo. Maoko akavharidzwa nemufaro munzvimbo yakavhurika anonyangadza mukana wakanaka. Uri pamapuranga. Gandirira pamapuranga.

Bhuka.

PAMUROWO – Vamwe vanenge vasimama kana mimhanzi ichitamba. Vanenge vakatambanuka pasi. Vanenge vachitarisa pamusoro. Zvinhu zvose zvinenge zvichifamba kubva pakanzura isina kufamba.

The Plant dancer ndiyo archetype yechinhu chinonzi Bonfire. Apo Bonfire inovhura, Plant inovhara pasi – simba rinodonha, kudyidzana nemubvunzo kunyatsopoerwa, masoja anopinda mukati. Uye ipapo, kubva kumushojo uyu, muviri wese wepamusoro unoshanduka uye unobva wasunungurwa. Masoja anosundira apo murumbi unoramba wakagara.

Zvakawanda zvemoyo.	Kushanduka, kufamba, kusimudza, kudzika, kukwira, kudonha, kupenya, kunyura, kuita.	Zvakaitika papi?
Yakachengetedzwa pasi: makumbo akareba, simba pasi, mazhengu ane kurunje zvishoma. Muropa unosangana nemesoja panze kudza kusvika kumusoro. Pane kunyanya kwekunyara—mushambadziko wePlant dancer unoratidza kuti anogara kwakaringana apo ari, uye chipisa chero chipi chakanga chamutora kubva ipapo. Yakachengetedzwa pamusoro: kubvira kumutsipa kuenda kumusoro, muropa unoshanduka-shanduka. Chipisa ichocho chakanganiswa nemakumbo haichinge kuchinja zvinhu zvinenge zviri pamusoro pemurwa. Maoko anowedzera uye anodarika mumarojo akasununguka. Musoro unotambanuka uye unobatsiridzwa. Murima unoshanduka-shanduka.	THE SWAY: maoko nemuviri anotenderera mumarudzi akazvimiririra sezvo munhu anofunga kuti pane mhepo. Hazvisi kufamba kwakadaro kwekumatenga – asi kufamba kwakanaka kunoenda kumwe sisi, uye hakuna nzvimbo yakatarwa. Kufamba kunotenderera kusvikira chinhu chinobvisa kufamba kwacho, saka kunoitika kumwe uko. THE WAVE: kufamba kwakanaka kunoshanduka kubva kumwe ruoko, kupiwa mumuviri, uye kuenda kuchinye rimwe ruoko. Kuita kwekusimama kwese mune muviri wepamusoro. Hazvisi kurasikirira (izvo zvinotenderera nevertebra imwe iyoyo), asi kufamba – simba rakazara rinofamba mumuviri unoshanduka. THE UNFURL: kubva kumaoko akabatwa kana akabatanidzwa kumuviri, kuwedzera kwakadzikama kunobuda - sekuti Muti iripichidza danda remuuyu. Ruoko riri kutanga, ruwako rwunotevera, uye bhonzo rinotevera ruwako.	Psytrance, mabhizvo anozvishandisa mimhanzi ine hunhu hwazvo hwekusimudzira uye kusangana. Downtempo uye mimhanzi yedhijitari yakanyanya kushanda nematuru akaderera. Mabhizvo ekudonha kwezuva kumafestival ekunze. Dzimwe ngu dzinenge dzichiri mumabhisheni, mimhanzi inodonha kuti ive nyore uye ine hunhu husingaite kuti vanhu vafunge zvakanyanya. The Plant inogarawo pamabhisheni ane simba panguva yekudzokera—panguva imwechete mimhanzi ichidonha, Bonfire inenge yakava Plant kwenguva pfupi, uye ipo yadzoka. Hunhu hwayo hahubatsirike.

Chidimbu muchivheyi vs. chidimbu mumhepo yakarurama: Hunhu hwezvinhu zvaunofunga nezvo hunokanganisa hunhu hwemigwagwa. Mhepo nyore inogadzira kuderera, zvishoma-shoma, uye inenge isina

kukwanisa. Mhepo makuru inogadzira shanduko dzakakura uye dzinonetsa. Nhondo inogadzira kusavheneka kwezvinangwa — masoja anoramba achiita basa yacho asi mhenda inonyatsoongwa. Chengetai mhepo yaunofunga nezvo nemhepo yemutambo. Chidimbu ichocho haichinje kuderera - chinopindira mumamiriro ekudya emutambo.

Maoko: Maoko emushandirwo wePlant anowanzo vhara zvishoma kana kuti ane hunhu hwekusawedzera — kunyarara, usina kutarisa chinhu chakajeka, asi kugamuchira zvese. Izvi ndizvo zvinopesana nehunhu hwekutarisa kweBonfire. Zvose zviri izvi zvinokodzera mumhando yavo.

The Box Dancer's Protocol.

THE CENTURION - Makabvuma kushandiswa mumarounds epenyika. Ipawo zvibvumo zvenyaya.

Kana uchifamba pamusoro pebhokisi rekudansa, spaika, chivakwa, kana pedhiro mune chero nzvimbo:

1. ZVISEI ZVAUNOITA USATI WATANGISA. Uri wekusika riini nhasi? "Bonfire" inoda simba remurwi uye inoita kuti murwi uwedzere. "Plant" inoda nzvimbo yekufunga zvakazvimiririra uye inofanirwa kuremekedzwa, kwete kungoitwa sechimwe chinhu. Kuziva uri wekusika ripi kunobatsira kuziva kana uchifanira kuona vanhu vachikuona (Bonfire) kana kuvhara maso ako (Plant).
2. ONGORORA RUDZI RWECHIMWE CHIRIMO USATI WAONA KWAUNOGARA. Ko, simba remurwi rinonyatsoona papi? Kana uri "Bonfire," sarira pedyo naro (simba renyu richwedzera simba rawo uye simba rake richwedzera simba renju). Kana uri "Plant," sarira kumativi kuti uve nechikoro kubva musimba remurwi.
3. Zvikarohwe kubva panguva yekutanga waenda. Munhu anoda kuita basa asi asina kuvimbiswa anobadza kupfuura munhu asingaita chero chinhu. Kana ukaenda, uchisarudza kuti uratidzwa. Ratidzirai nechizivo.
4. ZVISEI PAANOKEDZA KWAUNODZIRA. Munhu ane akamirira pamusoro kwebhodhi kwemaawa mana haasi chinhambidzo – ave zvinhu zvemumba. Simba rekumirira pamusoro rinobva pakunyatsoziva uye kushanda nesimba, asi zviviri izvi zvinenge nehunhu hwekusvika panguva. Dhonza pasi usati chigadziko chasvika pachinzwa kuti unenge wakamirira.
5. Mudzidzise mumwe munhu. Mutambo wevhidhiyo wemumwechete anoridza vanhu vane simba rakakura. Vanhu vaviri pamubhodhoro vachiridza pamwe chete - Bonfire ne Plant, kana mavhidhiyo emhando yeBonfire, kana mavhidhiyo emhando yePlant - zvinoita kuti vanhu vaona zvinangwa zvakawanda, uye vanhu ava vanonzwa sezvo vari kuuya nemutambo, kwete kungoridza. Nyudza mumwe munhu.

Bhuku Rekuzvimiririra: Tsigumi Tekudzidza.

THE CENTURION — Zvose zviri kufanira kuve mumabhuku zvaro ari mumubhuku.

Chinyorwa zve "Recovery Kernel Move Guide" zvakawanikwa mune zvikamu zvose uye mumutsetse wekupedzisira uyu:

- Section 0: Kurongeka kwenzvimbo - kufamba muchimiro chekuenda kumusoro, CO_2 uye oksijeni, nzira yekudya nemvura, matunhu ekuputsa, marongwa ekufamba.
- Mibvunzo 1-3: Nyakudziridza (kusarudzika kwehuwandu, matanho anotevera anenge ari ayo yose), matanho akatorwa kubva kumamwe masosi (tango, cha-cha, stomp), mufananidzo weBPM pamitambo inomwe.
- Mibvunzo 4–7: Dambudziko redhoni, zvaanogona kuita zvinhu, mufananidzo wekurovedza muviri uye kushandiswa kwezvironda, kupikisana uye kutsungamara.
- Section 8: Mabikirwo Akazara Ane Mazano - matanho ekubika, archive yemakore '80, archive yemakore '90, archive yazvino, archive yeLatin, The Spin, Vogueing uye Ballroom, Masango Evaridzo (Cutting Shapes, Melbourne Shuffle ne T-Step/X-Step/Running Man, DnB vocabulary, Hakken uye Muzz, Dubstep), Clog uye Irish Step.
- Section 8.9: Mitsetse miviri isingafanirwe mazita — "Bonfire" ne "The Plant" — pamwe nepuroteni yemitambo ye "box dancer".
- Sejecha 9: Kusanzwisiswa kwehutano hwekuridza uye kuchengetedzwa pakati pezvimiro.

Mabviro ese ari muvhaya iyi akagadzirwa nemunhu aneimba, achidaro mumuziki, uyo aida nzira yekuchinja. Vhanya iri inopera apo danra rinotanga: panguva iyo mafomu ekufamba haasi kukosha zvakanyanya kupfuura chido chakazvipa.

Ziva matanho. Uye wadzisa. Ita zvazvo mimhanzi inokumbira.

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THE RECOVERY KERNEL MOVE GUIDE — COMPLETE

Section 0 · Sejecha 1–7 · Sejecha 8 (8.1–8.9) · Sejecha 9

The Recovery Kernel | Dhiziri reKudzidza (Dancefloor Intelligence Series).

Fara inogara uchiri mupfungwa kana munhu asvika pakuti haadi kuenda.

SECTION 9

DANCE, KUDRUKIDZA KUNYANYA, NEKUONESA KWEMUIMBA MUDZINDA.

Sayenzi rekufamba kwemurirriro unosvika pakufa. Chimwe chinhu chinogona kuzvitora kubva pakufa.

Dance Entropy: Hutano Hweimba Hwemahara.

THE CENTURION - Entropy haisi shanduko. Icho chinhu chinosvikwa nezvakaitika kana simba richibuda mucherechedzo nekukurumidza kupfuura nekuguma kwechipfunho.

Mune thermodynamics, entropy inzira yekuti system yakavharwa ichienda ku kusimudzika - kuenda kunzvimbo dzinenge dzine simba isingagadziriswe zvakanaka. Pamusoro wekuimba kwekutamba, entropy inzira yekuti vanhu vakawanda vachida kagara pasi. Iriwo urongwa hwekuderera kwevanhu pamusoro. Mufambi anoridza kuvanhu vashoma uye shomanja. Vanhu vakagara avo vakauya vachitamba. Nzvimbo yacho yainge nemuzwi wakareba pa10 PM, asi yakazara kushomeka pa1 AM.

Zvikwidziridzo zvemagariro — zviitiko zvakatarwa kuva nemutevedzere wevanhu vakuru, zviitiko zvakatanga munguva yakareba uye zvakakura munguva yakareba, mapurojekiti ekuzotarisira uye maonero ekududzira nyaya dzekare, uye madhiji makuru avanhu vavo vakatevera kwemakumi emakore — ndiyo nzvimbo chaiye apo "dance entropy" inonyatsoonekwa uye inova nemhedzisiro yakakura. Vatevedzere vane ruzivo rudiki nezvekudonha mumaruva pane vamwe vanhu vese mumamwe maenzi. Ivo vane kufarira kwakakura mumutsvairo. Asi ivo zvakare vane makumbo akanyanya kushairei, makore emamiriro ekusavimba nemunhu akawanda, uye zvikuru zvinokonzera kuti vaone kubva pazvigaro panzwa kuvhunduka kudzoka mumaruva.

9.1 — Fizikhi yeMaruva, Entropy.

Maitiro ekushandiswa kwehutano.	Zvinenge zvaita semano.	Zvinetsa here?
Kuderera kwevanhu: danho rekudansa rinoda kuti pave nemubhadheni wevanhu vanodansa	Fura remuvarai riri kushandiswa nemunhu anenge 70%. Gurupu rimwe rinobuda uye richagara kwakasiya. Vavaki vanosara vakanzwa kuti vanonakidzwa	Mubvunzo mumwe mumwe unoshanda kuti imwe chaiyo iwedzere kuita. Huwandu hwekufamba hwunoshanduka zvisina kunyatsoenzwa kana

kuti riwane simba rezvacho. Kana painenge pasina vanhu vakawanda zvakakwana, avo vaigona kudzokera kudansa vanonzwa kuti vanonhuhwirira uye vanoshungurudzika, saka vanogara pasi.	zvakanyanya. Magurupu maviri anodarika achienda kumativi. Fura remuvarai riri kushandiswa zvinenge 40%. DJ anozviona kubva pamusuwo wake. Vavaki vanosara vakanzwa kuti simba radzosika. Vamwe vanobuda.	huwandu hwevanhu hwadzika zvakanyanya. Fura rekudzoka rinogona kuzara pa11 PM, asi richitanga kusvika 11:45 PM nekuda kweiyi nyaya isiri yechimiro, pasina shanduko mumhando yemafirimu kana kufarira kwevanhu - kungotevera maitiro ekubvumirana kwevanhu.
Mubvunzo wevanhu vakaona: vanhu vakagara pavhezwi mumudzimakwikwindo, asi panotarisirwa kuti vanofamba nemutambo, vanongoona chete mushewe. Kuona kunoda zvinhu zvinobudirira. Kufamba kunonguva inodiwa chete.	Vhondo revakagara rinotarisa. Rinokurudzira kana kusiri. Rinotarisa foni yaro kana kuti kwete. Rinove vatevedzeri vasina mvumo pachiitiko chakafamba zvakananga kuita kuti vatevedzere vakabatirwa. Mutambi anonzwa shanduko iyi.	Mufambi anozvikanira nemamiriro acho – anoridza kune vanogara, panze kwevanosangana. Izvi zvinowedzera kupinzwa kwekutamba. Kusanzwisisika kunowedzera nekugamuchirwa kwemufambi pachayo.
Nguva yekukura: kufa kwemuviri, kusagadzikana kwezvinyoro, kushungurudzika kwezviito zvepakati, kunzwa kuti kurota ndeyevakadzi vaduku - zvese izvi zvinenge zvakanyoronzwa sezvaitwa, asi hazvifanire kuita.	Munhu mukuru anogara asina kuvhima kwete nekuti haachida kuvhima, asi nekuti ane kushungurudzika kana kuti kuvhunduka nezvekuti kuvhima kwake kuchabvumirwa kana kuti kuchingotaurirwa. Ane hukama hwakadzika zvikuru nemimhanzi iri mumba. Anenge asina shamwari dzese dzekuvhima dziri pachena pamubhe.	Kana vanhu vakuru vakatadza kuseka, vanobvisa vanhu vane ruzivo rwakanakisa remusoro, vanenge vachina nhoroondo refu nevamwe vashanyi, uye vanenge vanyatsoteerera zvinhu zvinofamba. Vanhu vaduku vanosvika pachinzvimbo yacho, asi havana kuziva zvinhu zvakanaka. Kupera kwezvinhu haizadaro kungoratidza kushoma kwemari, asiwo kushaya ruzivo.

9.2 — Kubatsirwa Kwemweduro.

MUROMBO – Munhu ane rudo rwemutambo uyu, anoridza kubvira pakarepo, anogona kuva nemariro iyeye yausingawanzo. Enda udzidze.

Iri ndiro iyo inovanzwa nyore kupfuura zvese mumirayiri iyi panguva yechidochero. Yese nzira, yega musimboti, yega chiito chakatora kubva ku tango ne cha-cha — hazvidiwi zvakanyanya nezvekuti basa rekubatsirana iri pamusoro apo danho racho richiparara uye munhu mukuru akagara pachinzvimbo.

MUDZANISO WEKUONESA PAKATI PEMUIMBA YEMWEDZI.

1. Tsvaga murume nemudzimba akuru avanenge vachiri kumativi — iye anozvitarisa pasi, achiratidza kuti ane ruzivo nezvemimhanzi iyi uye asati ave nechokwadi kana kuti anowanzoenda kuzvinakidzwa nayo musi wezuva.

2. Tarisa mumiro. Kuratidza kuseka – zvakare. Wedzera ruoko kana uita chinhu chidiki chekuti "ndinorokudaira". Usati uri kuita mharidzo. Zvinhu zvaunoreva zvechokwadi.

3. Kana vakauya nevamwe: tanga nekufamba zvavanofamba. Usafambe nezvawauri kuda. Famba nezvaanoda. Havasi vadzidzi vako. Uri wevadzidzi.

Zvakanaka, ndava kunyatsoona maitiro aunoda kuti ndiite. Ndichatevera mirairo yese uye ndichiita shanduko diki dzenguva dzine zvinhu zvinogumbatswa.

5. Dziva nemumwe. Usadzokere kumamwe mamwe maitiro. Kunyatsodzikwa nemumwe, kunyatsosarudza kufamba naye panzvimbo yekufamba kwake chete, ndiyo inovakonzera kuti adzokeke kushanda.

6. Tarisai pasi. Kubatsirwa kuchiri kuitika.

9.3 — The Mirror Match

Miriro rekufanana ndiyo nyanzvi chaiyo. Kana uchitaura nezvekuti "kuuya nevanhu" nekuzvishandisa kwavo, zvinhu zvinovera zvakawanda mune utano hwemwoyo:

- Ivoona kuti vanonzwa kuti vari kugadziridzwa—asiri vekunyaradza kutarisa kuvakadaro kuchidzana, asi sevanhu vanobatanidzwa muzvidzana izvozvo. Haungoni kutarisira zvavanoita; unozviita iwe pachako. Izvi zvinopesana zvakanyanya.
- Ivo vanonzwa kuti zvavanoita zvinokodzera – chokwadi chekuti wakaronga kuti vafanane nemamwe vanhu, panze pekuvaona chinhu chakasiyana, chinoratidza: nzira yavo inokodzera. Nzira yavo ine kukosha.
- Vanonyanya kushanda zvakanyatso—vanhu vanodzokorora zvimwe zvinonakidza kana kufamba kwavo kuchitariswa nemumwe. Hunyanzvi hwechirema hunoita kuti vafanane uye kunyatsoshanda, izvozvo zvakaunganidzwa pano. Munosika kuwira mumamiriro ekufananidzwa kwevanhu vaviri.
- Ivoona kuita matanho aunenge usina kuziva—mumwe wevanhu vachidzana vanozviziva, uyo anogara munzvimbo yekumhanje uye anoshanda nemutambo wacho kwemakore makumi matatu, anoziva zvinhu. Ane mabasa akazotomboitika kwemakore apfuura apo matanho ari muSection 8 yebhuku iri akagadzirwa. Vabvunze kuti avakadaro. Dzidza chinhu chenyengwi.

9.4 — Zvaanoziva Ivo Asiri Kuzoita Iwe.

THE CENTURION — Makore Mashanu paDancefloor ndeyeduction yechigadzirwa yemaitiro ayo anogona kutsungisira zano rekuti hapana bhuku rinogona kuchibatsira.

Munhu ane kumbomirira zvakawanda zvemaererano nemuzikana uyu kubvira pakutanga kwemari inenge ari.

- Ivo rava mumauto apo DJ akatanga kurodza rwiyo urwu. Vanonzwa kuti mazuva aiva pangu kare, usati uwanda. Izvozvo zvinoramba zvichirurama mumuviri wavo.
- Maitiro ayo akanga echokwadi panguva iyoyo - usati maitiro acho atengeswa, usati adzika mumavhidhiyo emusoro, usati adzika muchigadziriso chino. Kuita kwecha kwaifungira maitiro aya usati apozvikanwa, usati apozvisikiswa, uye usati apozvishumwa.
- Nyaya dzeupenyu dzemudziro - vanhu vaifamba nevamwe zvakadini, zvainge kuchitika munyika apo mimhanzi iyi yaive iri kuiswa, uye zvaireva kumudzidzisi waiva kubva. Iyi haisi kungwarira yekare. Ndiyo nhau dzekuchengetedza nyaya.
- Ruzivo rwezvemupenyu nezvekugara zvine simba – muchongoti ane makore mashanu ekutamba, anoziva zvitatu nezvekushanda nesimba, nezvekumhara, uye nezvekukomberedza pasi zuva rose usina kupera, chinhu chinenge chamamboita mumwe ane makore mashanu paakatanga kutamba. Ona kuti anogadzirira sei. Ona kuti anoshandisa simba rake sei. Iri ndiyo curriculum.

9.5 — Mhedzo Rinoperekedza.

Kusimbisa kwechidiki uye wekukuru hakusi chinhu chinoramba. Kana munhu muduku akutora mumwe mukuru achimudaro uye achidana naye achibata nemufaro uye neruremekedzo, zvinhu zvinoverengeta zvinoitika panguva imwechete:

- Vanhu vakuru vanogara pavakafamba vanonzwa. Vamwe, vanenge vachiri kagara pedyo navo, vanosimuka. Nhamburika yevanhu inotanga kuzadzwa zvakare.
- Mhepo yemauto inotevera zvakanyatsooneka. DJ anozviziva. Vavambi vanonzwa. Imba yainge ichifa, inzwi rinenge richiita kuti mauto adare kufara.
- Vamwe vanenge vachiri mumusuwa vanopindira panokwaniswa kwekufamba —kutarisa kufamba kwevanhu vemagumo akasiyana-siyana kunonyadzisa zvakanyanya. Izvi zvinoratidza kuti mimhanzi inobatanidza vanhu kare, vakatonaka, uye vane makemwo anoyanduka-yanduka. Iri ndiyo chikumbiro chiri pachenga kwese ari mumusuwa.
- Ruzivo ruchitenderera. Mutambo wechidiki anoziva chinhu. Mutambo mukuru anodzidzisa asina kumbotarisirwa. Vese vanosiiwa vachinaka.

Chii chinoita mutambo wechidiki?	Chii chinoita muridzisi akuru?
Simba remuviri uye kuda kufamba. Mboiro – chinhu chinomiririra kuti: "Iwe unogara pano nhasi." Bhurakiti – chifananidzo chinomiririra kuti: "Zvinhu zvaunoda anokudaro." Kuwiranana – kunzwa	Mafiriso ekare - kufamba kwakanga uri kupi tisati tadzidzisa. Nyaya dzekare - sarudzo inogadzirisa mimhanzi kuti ive nechokwadi. Ruzivo - makore makumi matatu ekuziva maitiro ekufamba pamhendere. Mvumo -

kwakadai sekuti uri kugadziriswa pachako, uye kwete kungotaridzwa. Chikumbiro chekuti mimhanzi iyi iri wevanhu vese vanoyifara.	apo vanodzokera kumhendere, vamwe vanotevera. Dzidziso - isingawanikwe nemusharukidzo chipi zvacho, kunyange uyu.

9.6 — Kusimbisa Zvakatapwa: Dhizaini Yekubudirira Inogadzirisa Nyaya Dzese.

Kana uchiona kuti vafambi vari kuuya kunonoka – huwandu hwevanhu hwakadzikira, simba radzikira, mutambi achizadzikisira pakati pevafambi vakagara – ita zvinotevera:

1. Munhu anomirira kuti mamiriro edenderera adzokere kuita zvakanaka asina kutora matanho, anonziwo wechikanganiso. Munhu anotora matanho anobva kuzvidzoresa.
2. Tsvaga munhu mukuru ari pedyo. Chengetedza "Sequence yekubatsira yemhuri" kubva pa 9.2. Iyi ndiyo nhungwa yekutanga.
3. Zvitambe zvakawanda zvinogona kuita nemunhu anotungamirira, asi imwe yemaitiro ayo inonzi "conga line". Kubva muSection 0: vanhu vana totatu vanogadzirisa conga line. Famba padyo nevanhu, tsvaga avanenge vakagara, uye uvatore nevamwe. Conga line inoshanda kune ese maoko ekutengeserana uye inopa chikamu chekushandira pasina kumbosarudza.
4. MBOZO. Pashure pekuridza "conga," deredzera kuita "mbobo": zvondo pazvigaro, kudzinga zvine unyanzvi. Kunyorova kwevakatambura mumbozo kunogadzirisa simba remuboka pasina kukumbira hunyanzvi hweumwe neumwe.
5. MIRROR FLOOR. Kana vanhu vakawanda vachidzana, sarudza munhu ane rhythm yakanaka uye uuye kuzodzana naye zvakajeka. Vanhu vamwe vachavaona uchidzana nazvo. Vamwe vavo vachatangawo kudzana. Rhythm inonyatsiswa nekuita sevamwe.
6. GARA. Kudzorora kwekuponesa kunoda kuvimbiswa. Gara pasi. Famba uchifara panguva yekuchinja. Floor inenge yasvika pakukwirisa zvakanyanya, ichiita izvi nekuti munhu akanga asiri kuda kuenda kubva payo.

Mabhuku nemhuri.

THE CENTURION — Mwedzi wese wekuita zvakaratidzwa muchinyorwa chino, wakaitirwa nemunhu akange aziva zvaunonzwa ikozvino — mimhanzi ichida mhinduro.

The Electric Slide haisirwi mumuserekero. Yakabva kumubatanidzwa wevanhu vaifunga kuti zvakanaka kuita mabviro pamusikana uye vakanga vachiita mafomu akaenzana kusvikira mafomu acho akapihwa zita. The Running Man yaiva chido chemunhu chakaitwa kuti chigone kuitwa nerimwe remuromo. The Roger Rabbit yaiva mufaro weumwe munhu wakatora uye yakapa mafomu. The Cabbage Patch. The Butterfly. The Moonwalk. Yese fomu iri muarchive iyi yakagadzirwa nemunhu mumusuwo neimwe mimhanzi, uye muviri wacho waipa chinhu chakaitika, uye vanhu vakamuzvarira vakaona uye vakaitawo.

Munhu mukuru aive pedyo nemugwagwa uye aiva murumwe rwemakamera apo mamwe acho maitiro ainge akangobva zvigadzirwa. Aiva ipapo apo mimhanzi yacho yaingova nyowani. Anochengeta chidochombo icho chaakatanga mumuviri wake - kwete semamiriro, asi sezvazvo zvinzwiro. Kuita chinhu chakafanana hakusi zvipo. Izvo ndezvekudzidzisa.

Entropy yedance inzira inobva pakuti vechidiki vanofunga kuti vakuru havana chinhu chekupa pavhuze. Kubatsirana kwezviduku nezvakuru (intergenerational rescue) kunoitika kana munhu anoziva kuti zvinhu zvinonakidza zvepazvhuze, uye nyaya dzinogadzirwa, ndezvevanhu vakanga vachiri pavhuze kwenguva refu.

Dzorerai vanhu ava. Dzidzai zvavanazvo. Nyadzisai kuti vafarire kuenda kumusasa avo, musaka wacho wakavakwa nemudzinzira yavo.

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Sections 8 uye 9 yeThe Recovery Kernel Move Guide.
Verenga ne: Isefu 0 (Kudzidzisa kwezvakaitwa munzvimbo) · Isefu 1-7 (Nyeredzi dzekutanga uye Mapepa eBPM) · Maitiro ekutenda.

Fara inogara iri mufaro kana munhu asvika kufunga kuti anofanira kuenda.

Kudansa ndiyo dhizaini yemamiriro akanyangarara.

THE CENTURION - Muropa unoziva kuti anofanira kuita zviito, anenge asina chikonzero chekufunga nezvekushandisa chinhu chinokuvadza.

Recovery Kernel's C-28 framework inzwa dopamine, endorphin, uye anandamide ayo ari mumamiriro ezvinhu akanyadzara. Kufamba achidiza zvakawanda nemhepo yakarurama kunogona kuita kuti zvese zviri izvi zvibude — endorphin inobudisa kubva pachisungo, dopamine yekubatsirwa nekufamba, uye anandamide inobuda

nekufamba kwenguva refu. Iri ndiyo huwandunura hwemishonga iyoyo. Muropa unoshanda kuti ukanzwa zvinhu izvi nekufamba kunenge nehuwandunura husingasiyi nezvinhu zvinoshandiswa.

Chishandiso ichi haichangobvumiri kuti zvemagadziriro zvinogona kuita kuti vanhu vasave vakanaka pakudonha. Imwe yemaitiro ekudonha akakura munyika yose inoitwa mune mamiriro ezvakawanda emakemikari eMDMA, uye inoitwa panzvimbo yekudonha yakagadzirirwa izvozvo. Chishandiso ichi chinosimbisa kuti unyanzvi hwekudonha, usina kunge wakabatana nemamiriro iwayo, unoshandura nyaya yega yega yemaminiti ese anodonha - kutanga, kusimudzira, kupenya, kudonha pasi, uye kukunda kwekusvika.

Kufamba mbiri zvakazara kunyatsofanira kupfuura kufamba fodya nekutsetseka. Kuzeva kwemamineti pakati peimba yemadhimoni, panguva chaiyo mumhuri, ndimo imwe yehutano hwakanaka hwevakatendi zvinogona kuwanikwa munzvimbo yekufambisa. Kufamba kakare kusingaperi kunosangana nembiridzira yemitambo pa150 BPM inzira iyo muviri wemuzve uye mimhanzi inenge imwe chinhu kwenguva pfupi. Aya asiri zvinodikanwa zvekuita zvimwechetezvo. Iwo ndeyo chaizvo ayo anoda kuita, kana kuti anofanirwa kuita, kuita kwezvimiro zvemuviri.

Ziva BPM. Ziva kuti muviri wako unoshanda sei neiyi. Chenjera kuita chinhu ichocho. Sibisa foni. Mimhanzi inokurudzira. Muviri unopinda ndiye anozotenda.

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